

Lambda

Laurentian University's Student Newspaper
Le journal des étudiant(e)s de l'Université Laurentienne
Volume 36 - Issue 10 / Numéro 10

Why Waste Time Learning
When Ignorance Is
Instantaneous?

- Calvin and Hobbes



"Life On Mars?"
Pg. 3



All The Voyageurs'
Results.
Pgs. 17-20



The Scoop on
Stress Pgs. 7-9



The Headstones
Play The Pub!
Pg. 13

INDEX

National	2
News (Local)	3 & 6
Editorial	4
Opinion	5
Feature	7 - 9
Entertainment	10-14
FYI	15
Classifieds	16
Sports	17-20

BOND, JAMES
BOND.
PAGES 10 & 11



SHAKEN, NOT STIRRED SINCE 1961

Student journalist lodges complaint with police

by David Cochrane

Ottawa Bureau

REGINA (CUP) — Regina police are investigating a complaint filed by a student journalist against a member of her school's student council.

Lucy Falastein, the managing editor of the University of Regina's student newspaper the Carillon, met with police Nov. 5 to file a formal complaint against Dylan Gault, vice-president administration of the University of Regina's student council.

The complaint stems from an Oct. 28 incident when Falastein says Gault collided with her as she was climbing the stairs to the second floor of the U of R's student centre. Falastein was ascending the stairs while Gault was descending them with two other members of the council. Falastein, who was suffering from a foot-injury and carrying an armload of newspaper supplies at the time, says she managed to grab onto the railing to avoid tumbling 15 feet to the ground floor.

Falastein says the incident has left her shaken.

"I'm scared. I'm always looking over my shoulder when I'm walking to my car" she said. "I don't feel safe anymore."

Marjorie Brown, the student council president, was with Gault at the time of the incident. She says that since then, Gault has admitted to her that his collision with Falastein was intentional.

"[Gault] admitted that he was in an absolutely terrible frame of mind that night and that he unfortunately did commit that act," she said, adding that Gault has since expressed an "unbelievable amount of re-

morse."

Gault did not return the Canadian University Press' phone calls.

Falastein is calling for Gault's removal as vice-president of the student council. He has already been removed from the executive of the provincial component of the Canadian Federation of Students.

There have been numerous attempts to have Gault removed from his position on council since the incident.

At an Oct. 29 meeting of the student council a motion asking for his resignation was moved and seconded. Gault, however, wasn't present at the meeting so it was tabled until Nov. 5. At that meeting, Gault said he was enrolling in an anger-management course and that he wouldn't resign. He added that he would not be a willing participant in any punishment from the council and if anybody wanted his resignation they would have to get it through the courts.

The motion to request Gault's resignation was brought up again but it was not seconded. The motion died and then Brown spoke about how working on a student council was a stressful job. She said when things get too rough, the women on the council can cry to relieve stress but crying is socially unacceptable for a man carrying the same burden. As a result, Brown said, the focus should shift towards helping Gault deal with his anger.

Gault has been at the centre of a string of controversies in the last few months. At a special general

meeting of the student body in early October, a majority of students present voted to impeach Gault, saying he symbolized the inability of the council to represent students. But he was spared dismissal because the number of votes cast at the meeting to impeach him didn't exceed the number of votes Gault received when he was elected to the council.

Gault was supposed to face another impeachment motion at a second general meeting on Nov. 12. A U of R student wanted an impeachment vote put on the agenda for that meeting but the request was withdrawn after the student's fiancé, who lives in Toronto, received threatening phone calls warning her of the consequences of her boyfriend's action in Regina. Police are also investigating that matter.

Brown says Falastein is playing a bigger role in the anti-Gault movement than a journalist should be. She says the Carillon has mounted a vicious attack against the vice-president and that Falastein has been seen meeting with the various students who demanded Gault's impeachment at the October meeting.

Falastein, however, denies any wrongdoing.

"I had nothing to do with what happened to Dylan [Gault]," she said. "The people who were involved were friends and I can't do anything about that."

Police are still investigating the matter and will decide whether to lay formal charges.

Queer issues too controversial for UVic student newsletter

by Kirsten Rodenhizer

The Martlet

VICTORIA (CUP) — A student's experiences as a gay teacher have proved too touchy a subject for a University of Victoria student newsletter.

The Education Students Association recently denied UVic undergraduate student Duane Lecky, a high school teacher on leave, the opportunity to write articles about his experiences as a gay teacher on the grounds that they would be controversial.

Last month Lecky, a fourth-year undergrad with eight years of teaching experience, sent an e-mail to the association, proposing to write articles for their newsletter about being a gay teacher and about gay, lesbian and bisexual students and student associations.

Lecky says the first reply he received from the association was ambiguous. When he asked for clarification, he received a reply that stated the newsletter was not a "medium for controversial issues."

"We recognize the importance of acknowledging the issues surrounding gay and lesbianism, and suggest that you submit your article to a newspaper, such as the Martlet, that deals with controversial issues,"

Kristen Doan, director of publications for the association, wrote.

"They said to me quite clearly they didn't want to receive anything on gay and lesbian issues," Lecky said. "I think it's really short-sighted and foolish. The people who have refused to deal with these issues are the people who are going to be teaching in a few years."

Doan and other members of the association declined comment.

Lecky adds that if education students at UVic can't deal with gay teachers, he wonders how they will deal with gay, lesbian and bisexual students.

"I grew up gay in the system, and you just hide it," he said. "You really train yourself to be heterosexual."

Members of the association have since met with UVic dean of education Bruce Howe to discuss Lecky and the newsletter.

"I'm optimistic things will be clarified," Howe said, but refused further comment on his discussions with the association.

He adds, however, that it is not his role to encourage or discourage the association from printing material.

"The newsletter is their business," he said.

McGill voting on daycare proponents call key to accessibility

by Anna Liachenko

The McGill Daily

MONTREAL (CUP) — Over the next several days, students at McGill University will be voting on whether to establish a new daycare service for student-parents, in what proponents call a "step forward for accessibility."

The university's student union has been calling for the establishment of a new daycare service on campus because the present McGill Daycare Centre has a shortage of spaces, and that is resulting in poor accessibility for students.

From Nov. 11 to 13, students will vote on whether they are willing to contribute \$3 per semester to the construction and maintenance of a new daycare centre on campus.

Last month, the student union unanimously passed a motion supporting the idea. Tara Newell, president of the union, says the new daycare will be more reflective of students' lives. Parents can leave their children at the centre for a minimum of two hours to a maximum of the whole day. The cost per child will be \$5 a day.

Lara Leigh-Wood, a member of the student union and chair of the referendum's Yes committee, says part-time daycare is one of the most important issues affecting students. She says she is looking forward to using the new daycare for her son, adding that it will allow her to take more courses while giving the two more time together.

"This is the best thing that could ever happen at this university," she said. "The present daycare is full-time and expensive," she said. It is

also primarily used by faculty and staff.

The need for a new daycare service on the McGill campus is very real. A university Senate advisory committee recently reported that 15 per cent of incoming students at McGill have children and that the present facilities are not sufficient to meet this demand.

Leigh-Wood says it's about time that McGill catches up with other jurisdictions on the issue of daycare. She says that some other Canadian universities have had part-time daycares since the 1970s, as do some corporations.

The new daycare will be primarily funded through government subsidies. But without the student levy, Newell says, there would not be enough money for all expenses, including rent, electricity and staff salaries. The day care will be located in the yet-to-be-constructed student services building. In a referendum last March, students agreed to pay an additional \$20 per semester for the next 10 semesters in order to contribute to the construction of this new building.

Getting the new daycare established on the campus will make the university more accessible, according to Newell.

"It's a victory not just for women at McGill but for the whole student population. It is a reflection of changing demographics and it is one step forward on the issue of accessibility in post-secondary education," she said.

Sexual stamina heralded as a Canadian thing

by Dorsa Jabbari

The Varsity

TORONTO (CUP) — Not only are Canadians having more sex but they are doing it longer, according to a recent international sex survey.

Conducted by the condom company Durex Sheik, the survey covered a variety of sex-related categories including partner satisfaction, time spent on sexual intercourse and frequency of sex.

In raw numbers, the survey found that the average number of times Canadians have sex per year is up to 112 — an increase from 102 last year.

But to some students at the University of Toronto, this number is anything but average.

"It's something to look forward to. But it's outrageous, there's no way that the number is right," second year student Sharifa Gonez, said. "If it is, then that's a lot of sex."

She adds that she doesn't know very many people who are having that much sex, and attributes this mostly to students' time limitations.

While not among the most sexually active nationalities, Canadians definitely make it count when they do have sex. In the sexual stamina category, Canada finished a close second behind the U.S. in average time spent on sexual intercourse. With no other competitors close in sight, Canadians spend a leisurely 24.4 minutes, compared to the Americans'

25.3 minutes.

"That's really funny. So we are actually doing good over here," Gonez said, while trying to control her laughter.

But Aki Constantinou, another U of T student, says 24.4 minutes is not nearly long enough to fully enjoy sex.

"That is sad, the time should be longer. I've spend a longer time than that having sex in a car," he said. Although Canadians are having more sex and doing well in the stamina category, they aren't anywhere near the top of the heap in the category of best lovers.

The French won out as the best lovers in the world, with Canadians in the seventh overall spot — behind the Italians, Americans, South Africans, Brits and Australians. Hong Kong came in last.

And though Canadians may consider themselves a modest bunch, they actually think they're sexier than they really are — 74 per cent of Canadian respondents ranked their country as one of the top three sexiest nations.

This category is hotly contested among students.

"I think that Canadians are very sexy because we are so culturally diverse," Humberto Carolo, one of the co-ordinators of U of T's

student-run sex education centre, said.

But Constantinou disagrees, holding up Canada's largest city as a centre of un-sexiness.

"I think in Toronto, there's too much attitude. Everyone thinks that they have it in them to become super models. I think a lot of people need a reality check," he said.

The issue of safer sex and condom use was one of the main focuses of the survey. But even though Canadians are concerned about transmission of the HIV virus, they still place greater importance on partner satisfaction.

"The survey results indicate a decreasing concern for HIV, STDs and unplanned pregnancies which, coupled with an increasing preoccupation for sexual pleasure, makes for a potentially lethal mix," Sonya Agnew, director of marketing for Julius Schmid of Canada Ltd., the distributors of Durex condoms in Canada, said.

Carolo says he is concerned by the current attitude people have when it comes to AIDS.

"People are always convinced that they are invincible. People never associate the AIDS virus with themselves," he said. "And even though a lot of people are aware of AIDS, they don't necessarily have the skills to negotiate safe sex."

Mars Man at Laurentian

by Phillip Hadley
Staff Writer

The famed Mars Pathfinder Mission to Mars was brought to life in the Fraser Auditorium last week by the visit and lecture of Toronto native, Dr. Albert Halderman. Using film, slides, 3-D pictures and his own first hand account of the NASA mission, Dr. Halderman gave a grand lecture to the people gathered.

The Mars Man, Dr. Albert Halderman, acted as a radar remote sensor on the team from the NASA Jet Propulsion Laboratories (JPL) that selected the landing site on Mars. Using Earth-based radars and the previous Viking missions, the team from JPL could select a suitable landing site. The JPL team had three criteria to meet in order for a site to be chosen: the surface could not be too occupied by large, mission destroying rocks, the site had to be found in a low point of the surface of Mars to have as much air space as possible to decelerate and most important, the site needed as much direct sunlight as possible to operate the battery cells of the Rover.

Though landing site selection was Dr. Halderman's specific contribution to the NASA mission,

he showed Thursday night that he is well versed with much of the subject matter concerning Mars. Discussing a myriad of topics from alpha-proton x-ray spectrometer to the meteorology of Mars, Dr. Halderman gave a concise and clear account of this very popular unmanned expedition. On one day alone, more than 47,000,000 people viewed the pictures of Mars on the NASA website.

Ostensibly, one of the objectives of this NASA initiative was to demonstrate to NASA nay sayers in Congress that 'cheaper, better and faster' space flight is possible. This project was conceived and completed within a three year period and cost only \$265 million. In comparison, the Cassini satellite that caused a radioactive scare last month, cost around two billion dollars and took 4,300 personnel to put together over a six year period. Indeed, so successfully managed and executed was the Mars mission that corporations are now implementing the NASA management program lessons in communication and organization into their daily business world. Clearly, given the cost in money and time plus the

large amount of experiments carried out, NASA met its objective of 'faster, better, cheaper'. To further this point, NASA sent an unmanned space ship to Mars and received more than 1.6 gigabytes of information that will take the world's best scientists years to decipher - a tremendously successful venture. On the other hand, Hollywood has made a film about an ocean faring ship that couldn't complete one little sight-seeing tour and it cost more than \$300 million, Titanic. More power and money to NASA please.

As explained by Dr. Halderman, the Mars missions are not over yet, further exploration is scheduled for 1998, 2001 and 2003. Though all these expeditions will be unmanned, a manned mission to Mars is definitely a goal for the NASA scientists and engineers. Though no word has been forthcoming, it is only a matter of time and Congress budget before a manned flight to Mars is a reality. Hopefully, the Mars Pathfinder Mission will prove to nay sayers that at least in this sector of NASA, money is well spent.

LUESS Volunteers Erect Playground at Big Nickel

by Michael Glogger
Contributor

On a bleak and windy Saturday morning, November 1, fifteen engineering students from Laurentian's Engineering Society (LUESS) gathered to build a playground at the Big Nickel/Science North tourist attraction. Students from first to fourth year donated over nine hours of their time and expertise to help improve the already impressive Big Nickel site by building a modular playground structure designed and supplied by *Children's Playgrounds* by *Henderson* of Peterborough.

At 8:00 a.m., the volunteers unloaded a sixteen-foot cube van full of posts, beams and various plastic components as well as a variety of hardware; for some it was a first chance to put some of their valuable

classroom knowledge to a practical test. After sorting out the pieces and pouring over the drawings, a plan of action was formulated, the teams assembled, and the volunteers began to assemble the structure.

Special thanks go out to Brenda Koziol, manager from the Big Nickel, for the opportunity to help improve their fabulous facility. The engineering students who volunteered for the project deserve to be congratulated: (front row) Dave Willcock, Tiny Levesque, Jodi Marcotte, Lindsay Moreau, Neil Milner, Michael O'Shaughnessy, Lisa McCready, Tim Edwards, (back row) John O'Shaughnessy, Michael Glogger, Shannon Parry, Christine Bertolli and Shawn Curtis. Absent from the photo are Fred Zettler and

Claire Parkinson. All these LUESS members donated their time and knowledge in the middle of their mid-term schedule. LUESS also wanted to express their gratitude to Lionel Rudd, the Society's faculty liaison, for all his assistance.

The Engineering Society does a variety of functions for the community. Its next endeavour will be to organize the White Ribbon campaign on campus. For those unaware, the White Ribbon campaign's objectives are to assist in education and prevention with respect to violence against women. If this sounds like a worthwhile organization to join and you are an engineering student, why not join the Society? All are welcome. E.R.T.W.



It was a learning experience for some and routine for other, more experienced engineering students. On a personal note, it was a lot of fun helping other students learn how easy construction can be with a motivated group. It was truly a team effort as we converted a drawing and a collection of lumber and hardware into this impressive structure.

LU NEWS BRIEFS

by Sarah Viau
Asst News Editor

Milestone in LU's Evolution

On December 16, a reception will be held to announce the establishment of a Natural Sciences and Engineering Research Council of Canada (NSERC) Industrial Research Chair at Laurentian. Dr. Michael Leshner, of LU's Department of Earth Sciences, will be introduced at this event as holder of the new NSERC Industrial Chair in Mineral Exploration.

Merry Christmas from the VON

This year, the Victorian Order of Nurses is celebrating its Centennial Anniversary. On November 18, the Sudbury Branch of the VON honored the memory of deceased clients and community members by lighting a VON Centennial Christmas Tree at Civic Square. The lights on the tree have been inscribed with the names of the deceased individuals.

Italian Conference at LU

This year marks five hundred years since the arrival of Venetian navigator Giovanni Caboto in Newfoundland. Caboto is the first recorded Italian immigrant to Canada. As part of the nation- and world-wide festivities commemorating Caboto's arrival, the Italian section of Laurentian's Department of Modern Languages is organizing a symposium, to be held November 20 - 22.

A number of experts in various fields will be presenting groundbreaking research on the many aspects of the Italian presence in Canada. Most importantly, this conference will emphasize the Italian-Canadian community in the Sudbury region.

COMMUNIQUE

Progrès à l'Université

Le 16 décembre, une réception aura lieu qui servira à annoncer la création de la chaire de recherche industrielle du Centre de recherches en sciences naturelles et en génie (CRSNG) à la Laurentienne. À cette occasion, M. Michael Leshner, du département des sciences de la terre de la Laurentienne, sera présenter titulaire de la nouvelle chaire de recherche industrielle du CRSNG en exploration minière.

Le VON nous souhaite Joyeux Noël

Cette année, le VON célèbre son 100^{ième} anniversaire. À Sudbury, le VON a honoré la mémoire des membres de la communauté qui sont morts en allumant un arbre de Noël au Civic Square le 18 novembre.

Conférence Italienne à l'Université Laurentienne

L'année 1997 fut 500 années depuis l'arrivée de l'explorateur Giovanni Caboto à Terre-Neuve. Comme partie des festivités globales, le Département des Langues Modernes de l'Université Laurentienne organise une conférence qui aura lieu le 20 au 22 novembre.

Des experts dans l'histoire, les sciences politiques, les études italiennes, et les études canadiennes vont présenter leurs recherches sur la présence italienne au Canada, particulièrement sur l'influence italienne dans la région de Sudbury.

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"BIG SISTER IS WATCHING YOU, MORGAN."

The following letter is written in response to the article's by Columnist Payne Morgan in the 8th and 9th issue of Lambda.

His column is entitled
"Feel the Payne!"

We feel the "Payne" every time we read anything by the uniformed #@!*^ We find it truly entertaining and sometimes quite sad that an individual flaunts "their" ignorance to such a tiresome extreme. Politics aside, we thought you find the following beneficial for your future tripe...

- one ceases to be a girl at the age of 17 (re: "LU's girls soccer team")
- look up the proper use of "kudos"
- if you think the Women's Centre has an aversion to sweat socks or sports in general, meet us on the Hockey rink *sport*!
- FYI...the LUWC is ACTIVELY petitioning the Department of Active Living for an LU woman's soccer team
- We speculate that you have a Paynefully high WAC score i.e. 3++?

IF OUR RESPONSE HAS IN ANY WAY OFFENDED YOU, IT IS BECAUSE YOU ARE EITHER A) TOTALLY INCOMPETENT OR B) FAR TOO COCKY

We love the extra publicity, and hope this article motivates you to search your material in the future....kudos to 'ya Payne-boy.
-LUWC/CFUL-

Thumbs Down For PSI-CHI PREZ

It was obvious, many people did not know about the psychology club's first pub on Friday. It was announced in many French psychology courses, and most of the people there consisted of us, the francophone students. All you can drink beer, pop and free pizza for \$10 sounds like a pretty good deal, however it only attracted about 20 people.

The reason I'm writing is to tell you that the president of this club that although you didn't make a profit, you don't have to act like a child and sulk all night. Around 10:30, the keg signs began to be taken down, and the Prez sat on a chair and read the newspaper. For those of us there, we each paid \$10 to support the club and we all had the right to drink (or just have fun) until midnight or 1:00am because we paid the fee. Two kegs were left unopened as it was evident that the president wanted us out at around 11:30pm. The lights came on and our table was cleared. We were the only ones occupying a full table but hey, we were there.

Just a note to say grow up MR. PREZ.... If you want to be called the president of a club, stand up and act like one. Make the best of what you organize, and thank the people who supported your club and actually showed up.

Disappointed and ripped off student

Dear Editor,

I am a first year student originally from Toronto. When I told my friends back home that I was coming to Laurentian, they told me that this school was a joke that no one took seriously. I was surprised to see that they were totally wrong. Laurentian may be a small school, it may even be isolated from the 'big city', but it is a great institution. I have wicked Profs., for the most part, who really know their stuff. Laurentian has a beautiful campus and is most definitely a real school.

I am really sick and tired of people being down on this university. We have a lot of Profs. who are recognized in their fields and are highly respected. We have students who are competing at national and international level competitions and winning. This is a school of achievers, not losers and flunkies. Why don't we give ourselves the recognition that we deserve?

We have a pretty decent radio station and the Lambda is a lot better than a lot of other university newspapers that I've seen. Our facilities may not be top of the line but we certainly have enough to have access to great research material. Sure, there are a lot of problems and things lacking at Laurentian, but what school doesn't?

Nobody else is going to take our school, and us, seriously if we don't start having some pride in Laurentian University. There is a lot to be said about going to a small school. We don't have enormous classes, our professors are fairly easy to contact if we have a problem, it's easy to get to know people, and it's easy to get involved in things going on at Laurentian.

I believe that you only get out of something what you put into it. Instead of whining about how bad our school is, why don't you take a look around and appreciate all of the things that Laurentian has going for it and have a bit of pride for a change.

Sincerely, M. Carson

THE AMIABLE LIBRARIAN



This column is based on questions or suggestions received by staff members of the Desmarais Library either personally or on the "Compliments / Questions / Suggestions" form that may be filled out near the exit of the library.

Lay Away in the Library

Comment: Library hours are completely inconvenient. Why do you close at 5:00 p.m. on Fridays? I had to leave journals I spent two hours searching for on a table with a "Do Not Shelve" note. Hopefully they will be there tomorrow! You could at least provide a 24 hour lay away service for such inconveniences? — Cindy Wennerstrom

Dear Cindy: Use of the library on Friday's after 5:00 p.m. has historically been so sparse that it did not justify using the library's limited staff budget to keep the facility open longer. Instead, this year the library elected to spend its scarce staff resources to open later on Thursday's than was the case last year and to have reference help available all day on the week-ends.

As to your suggestion about a lay away service—it is already in place. Library material will not be disturbed for a full 24 hours if there is a DO NOT SHELVE sign in place.

Access to Microfilm Reader/Printers

Comment: Please look into getting at least two more microfilm reader/printers—Cut of Luck.

Dear Out: The Amiable Librarian is unable to promise more reader/printers soon. They cost \$14,000 a pop and there is just no money in the kitty to buy them now. You should know a couple of things though. First, the library purchased two new reader-printers over the summer, and placed one of the older machines in the archives where it is still available for use. Second, the library has also placed signs on three of the four machines remaining upstairs to indicate that they are reserved for the exclusive use of Laurentian students and faculty. These machines have proven very popular with genealogists, and sometimes, there were so many of these folks using the machines that legitimate users from Laurentian were denied access. Cindy, if you or others are still experiencing problems getting on a reader/printer, please talk to the Amiable Librarian.

Internet Access

Question: Would it be possible for a Cambrian student to have access to the Internet at Laurentian using the same password/username as at Cambrian—James MacDonald

Dear James: It is not possible and probably never will be since the Internet runs off of different computers in both places. That said, if you need to use the 'net for a short time when you are at Laurentian, try visiting the Research Office (30-220). Each day it opens at 10:00 a.m. and Monday through Wednesday, it closes at 7:00 p.m., on Thursdays at 4:00 p.m. and on Fridays at 1:00 p.m.

Want your voice to be heard by Laurentian students?

Just keep sending letters to the editor at SCE 301 and we'll make sure it happens.

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Write to us but remember...

All submissions become the property of Lambda Publications and will thus be subject to editing. Letters submitted must bear the author's full name and telephone number. Names will be withheld upon request. Letters must not be longer than 250 words. Lambda reserves the right to edit for content considered sexist, racist, homophobic, heterosexist or for length.

Notes from the file...

by Norman Shields
News Editor

Well, the new *Code of Student Conduct* has been released. Actually, there is little difference, in substance, between this the final draft and its previous incarnation. Save for one aspect: the new document, dated November 7 (why did the SGA or the office of the Director of Student Affairs not notify *Lambda*, even a week after its publication?), has no provisions for the procedures that will guide the application of the *Code*. Apparently this aspect of the document will be forthcoming. One would expect that the controversial jury and appeals panels (60% composed of "non-peers") provided for in the previous documents will be dropped. The final draft of the *Code of Conduct*, that is, the list of "offences", is available at the SGA office.

Before leaving the *Code* to your good sense, once again it occurs to me that if we, as students, are expected to live accordingly within the University community, is it unreasonable for us to expect the same from staff and faculty? For instance, it is an offence under the *Code* (section 4.1, sub-section C) to commit an act which would endanger the health and safety of other persons. It is really unfortunate for people with respiratory problems that they will not have recourse to the *Code* in order to force, once and for all, staff and faculty to refrain from smoking in their offices. You, and everyone else, know who they are.

On Friday, Computer Services shut down the VAX for upgrading. According to the multitude of signs posted throughout the compu-

ter labs, the computers were to be down until late Saturday evening. At 4:00 on Sunday, the VAX was still down much to my chagrin since all the national news stories come to me over the e-mail. Thanks a lot. By the way, for those of you who don't know (and how would you given Computer Services' silence?), we all have access to Windows for the Internet. Simply select WinNet from the menu (the last item on the list). From there you use your regular user number (i.e. S3600225 - this my e-mail, use your own!) and then your Social Insurance Number for the password, and voilà, you're in! Your welcome.

Did you know that to transfer from our fine institution (why would you?), you must complete the normal application procedure that brought you here in the first place. In other words, if you choose to transfer, you may choose from three institutions and pay, for the second time, the \$80 administration fee. Has anyone ever heard of professional courtesy?

Mel Lastman was the guest on Global's *Focus on Ontario* this week-end. The Mayor-elect of Toronto, the mega-city, tried to distance himself from the provincial Tories saying that he didn't know where they were coming from on certain issues. He ran under Bill Davis' Tories before entering city politics. With respect to services such as snow removal, Mr. Lastman indicated that decisions would be left to local councils.

Dear Editor,

I am writing to you to voice my displeasure with your choice to not include my article on the residence complex. I work hard trying to paint the residents of UC and SSR as fun and interesting people while trying to improve attitudes towards life in residence. Twice in the last three weeks, I have dropped off articles at the Lambda office hoping that they would be included in the following week's issue. To my dismay, neither of these articles were. I can understand when you have too many articles that a little 250-word piece would not get a space. This does not bother me. What really pissed me off was last week's issue. I leisurely walked to my Lambda stand hoping to open it up and read my article, but lo and behold, I could not find it. In its place I found wonderful articles on Remembrance Day and the Teacher's Protest. All these were interesting

and informative. You also had two articles that appeared twice. If I didn't know that the Vees played a Senior Men's Basketball team while reading page 16, I sure got the picture when I read page 17. What about the article on the pursuit of Women's Soccer team at Laurentian? Pages 16 and 19, if you check your archives. Maybe since I don't write about the "Killer Bench" or complain about the Patty Wagon, I don't deserve to have any space. If this is the case, just tell me so I don't have to waste my time or the Residence Office's time, writing an article that will not be printed. All that I ask for is a little space to write about residence, hoping that someone will actually think something positive about those of us living there, instead of looking upon us as drunks who spend more time at the bar than at class.

Sam Rook

by Dylan Callens
Columnist

The sun hid behind a building while a deep chill began in my legs, extending to my feet, numbness set. Trish jumped up and down, her excitement for Santa's Parade grew with each moment. Her enthusiasm made up for my demise.

Soon floats started to roll by, one after another, each less impressive than the one before. Somewhere in the middle, the lowest point of the parade, a couple of station wagons drove through with people inside waving. Ooo, impressive. At least a few clowns handed out candy.

Then there he was, the clown of clowns: Klutzy. His bright purple mini-bus with that Krazy Klutzy writing all over it, suddenly I was happy. Maybe happy isn't the right word, it was more like satisfied. Yeah, satisfied. I stood there thinking to myself that it would be fun to casually walk up to Klutzy's open window and slug his red nose. I almost felt that it was my duty to hit him.

Bring in the Clowns

I know that hitting a clown sounds mean, but who likes clowns? I find them frightening. Clowns are either satanists or nazis. I'm afraid that one day clowns and mimes will get together and try to take over the world.

Their plan would be simple. First they would go into some routine, hoping to amuse their victim, doubling them over with laughter. When this has been accomplished they would open fire, systematically killing off politicians and military personnel. When they weaken the spirits of the civilians they can rule mercilessly with crappy comedy.

What would happen, however, is much different. In actuality, they would go into their routine as planned but their victims would be in so much pain that reasonable soldiers would simply shoot themselves. After getting through the politicians and military personnel, the civilians would realize that clowns ruling the Earth is

an incredibly bad idea and also shoot themselves.

In the end, clown and mimes would band with their respective parties and fight. Clowns would battle for the use of horns and seltzer water while mimes would fight for more white make-up. Obviously, the clowns would win because mimes could only mime out the use of weapons. I don't know if you've ever tried to mime a machine gun but I've found that they are quite ineffective against other people. So, only clowns would be left on Earth and that is a really, really scary thought.

Are there any questions left as to why I wanted to sock Klutzy in the shnoz?

PS - If anyone has a cheese surplus, please be sure to let me know. I'm willing to trade some good stuff for marble, cheddar and mozzarella.

Next Week: *Yoda in the Downtown Core?*

My Two Cents' Worth

by Jane Djivré
Columnist

As the year is passing, so also is the cash saved to pay for our many wonderful University expenses. One area of expenditure that many even put on lower priority than 'beverages' is food. I know it isn't possible now to get that wonderful home-cooked meal you took for granted when you were younger, but that doesn't mean that eating properly is any less important. In fact, as a University student (especially if you are living on your own for the first time), you will be more stressed out, and have an increased risk of getting ill due to "University effects", hence necessitating the intake of healthy food. However, how do you break into any sort of healthy mode when your main food groups are Wendy's, McDonald's, Burger King and Harvey's? The following are some tips on frugal and healthy eating for the student on the go.

* Firstly, remember the golden rule of shopping: "Don't shop when you're hungry." If you do, you may see your

cart filling with more impulse junk food buys than you can shake a debit card at.

* Avoid using convenience stores as your main shopping hot spot. Items are generally much more expensive than at the grocer. Only use in case of emergency, such as a potato chip shortage at 3 a.m.

* Consider buying in bulk. Individual portions of anything are usually less cost efficient than bulk items. Though they take an initial minor chunk out of the food budget, it is cheaper in the long run.

* Avoid prepared meals in the freezer section of the store. These consume a good portion of your wallet, can be made at a fraction of the cost, and many have unwanted additives and preservatives.

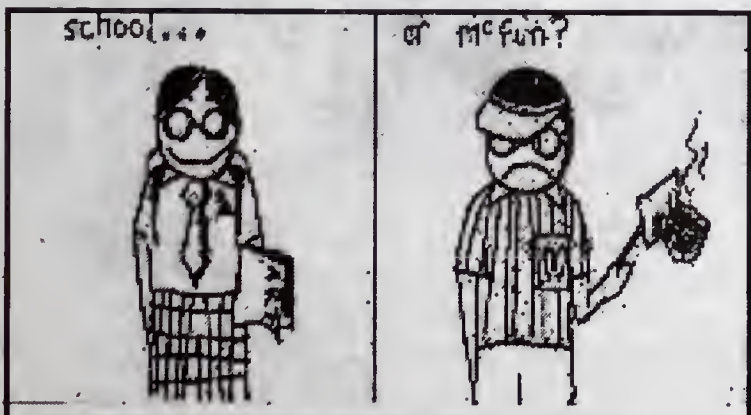
* Don't fall for fancy packaging — you're paying for it! Consider buying no-name brands of similar quality to the brands mom used to buy. If you can't tell the difference, why pay more?

* Consider cooking a large quantity

at the beginning of the week, portioning the food into meal-size containers, and sticking them into the freezer or fridge. When planning your lunches, just grab a container of your awesomely home-cooked food, and enjoy. Think about the fact that if you spend just \$10 per school day eating out, this will amount to \$1600 by April! This amount can easily be reduced by home cooking, and the extra money put into a more worthwhile investment (like potato chips at 3 a.m...)

* If you feel you are incompetent when it come to putting together a meal, consider purchasing a simple cookbook. One example is *Quickies* found in many bookstores, with really simple, easy to follow recipes for everything from A to Z.

Eating well does not have to mean eating expensively. A little planning (and a few coupons) will go a long way in stretching the dollar, and will give your time and money something else to do.



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Maclean's puts Canadian Universities in Line

by Sarah Viau
Asst News Editor

Being students, we are the most affected by the rising costs of tuition. We are all aware that never before has it cost so much to attend university: in fact, students can currently expect to owe a whopping \$60,000 upon earning an undergraduate degree. At the same time, Canada's institutions of higher learning have been forced to reduce services, eliminate courses, and lay off faculty as they try to cope with deep budget cuts.

The question: are students still getting their money's worth?

Maclean's issue, **1997 University Ranking**, gives a definitive report card on Canadian post-secondary schools. This project was led by *Maclean's* Assistant Managing Editor Ann Dowsett Johnston, who has been actively involved for over six years, and Education Editor Victor Dwyer. This year, for the first time since 1993, all nine of Canada's French-language universities are ranked along with the country's 42 English-language institutions.

This year's issue is definitely one of the most comprehensive studies on university efficiency. The schools were ranked in three categories: Medical/Doctoral; Comprehensive; and Primarily Undergraduate. Within these categories, the magazine delivers an in-depth evaluation of each university in six different subject areas: academic achievements of the student body; class size and access to tenured professors; caliber of the faculty; operating

budget, and percentage spent on student services and scholarships and bursaries; quality of the library; and its reputation among graduates and over 3,500 high school guidance counselors, university academics and chief executive officers of major corporations from across Canada.

This year, top marks are awarded to the **University of Toronto**, in the Medical/Doctoral category, **Simon Fraser University**, in the Comprehensive category, and **Mount Allison**, in the Primarily Undergraduate category.

Based on the reams of statistical data, the top three spots in the Medical/Doctoral category are reserved for the **University of Toronto**, **Queen's** and **McGill**; **Simon Fraser** is followed in the Comprehensive category by **Guelph** and **Victoria**; and in the Primarily Undergraduate category, highest grades go to **Mount Allison**, **Acadia**, and **Trent**.

In addition to the statistical data, accumulated and analyzed by *Maclean's* researchers and a consulting statistician, the magazine's editors and writers spent months talking with students and professors on campuses across the country. They reported on the growing influence of big business on campus: **Academia Inc.** explored the increasing corporatization of Canadian campuses as universities look for strategic partnerships to overcome chronic underfunding. The urgent need for improved student assistance was explored by **Money Matters**, which outlined the routes to the best savings,

loans, and scholarships. This project served to announce the best ways for students to marshal the resources they need to successfully survive university.

This year's survey paints a clear picture of what's happening on Canadian campuses. 44% of the universities reported a drop in their operating budgets. 56% have increased class sized across the board. 49% reported fewer first-year classes taught by tenured faculty. Consequently, students are taking longer to complete a graduate degree, and are being thrust deeper into debt.

Fortunately, 84% of universities have begun to raise their scholarship and bursary figures, our own Laurentian being a prime example. This university has established an automatic award of \$1,000 to students with an over 80% average, and a prize of \$2,500 to those students who achieved an overall average of at least 90%. Seventy percent of universities are also allocating a larger proportion of their budget to student services.

"The battle to preserve excellence in, and access to, Canadian universities has never been more critical," says *Maclean's* Ann Dowsett Johnston. "Increasingly, we're seeing students who are unwilling to mortgage their futures, who feel shortchanged by the system. Changes to funding and to student assistance must be won, and the community at large must lend its weight to the fight ahead."

Après la Grève

par Sarah Viau
Rédactrice assistante des nouvelles

Après deux longues semaines, la grève des enseignants a terminé. La question maintenant est si c'est possible pour les jeunes étudiants de rattraper le temps qu'ils ont perdu en raison de cette grève.

Le 13 novembre, M. David Johnson, le ministre de l'Éducation et de la Formation, a demandé aux conseils scolaires et au personnel enseignant de réviser le calendrier de l'année scolaire pour minimiser ce temps d'apprentissage perdu.

<<Durant la récente interruption de services dans toute la province, les élèves de l'Ontario ont perdu jusqu'à dix jours de leur période d'apprentissage en classe>>, a déclaré M. Johnson. <<Je demande

à chaque conseil scolaire et au personnel enseignant de préparer et présenter un calendrier scolaire révisé qui permettrait aux élèves de l'Ontario de voir tout le matériel prévu au curriculum.>>

M. Johnson demande que ces révisions soient présentées au ministère le 1 décembre.

<<En préparant leurs calendriers révisés en vue de minimiser la perturbation causée aux parents et veiller à ce que les élèves complètent leur programme, les conseils scolaires pourront suivre les amendements apportés au projet de loi 160 concernant l'année scolaire>> a ajouté M. Johnson.

L'une des options disponible aux conseils scolaires et aux enseignants pour examiner

consiste à ajouter dix jours de classe aux élèves de l'école secondaire en réduisant le nombre de jours d'examen de 15 à 10 jours, et les journées d'activités professionnelles de 9 à 4 jours.

Une réduction similaire des journées d'activités professionnelles au niveau élémentaire permettrait d'augmenter le temps de classe de 5 jours.

<<Ce gouvernement est engagé à améliorer la qualité de l'éducation de nos enfants>>, insiste M. Johnson. <<Ces changements, que les conseils sont déjà autorisés à faire, veilleraient à ce que les élèves acquièrent les compétences requises à leur niveau d'études sans que eux ni leurs parents ne soient trop incommodés.>>

News Contest

The News Department is running another contest! This will be the last before the Christmas break, and we have a great prize, so read on. What we are asking you to do is to write us 250-500 words on your thoughts on tuition and OSAP. The issue of financing post-secondary education is getting extremely complex. Two weeks ago, the Liberal government began their campaign urging students to borrow responsibly (like we have any choice in how much we borrow). At the same time, the Income-Contingent Loan Repayment Plan re-entered the pub-

lic debate as a possible solution to student and graduate debt. Your composition should express an opinion related to the delivery of OSAP or increasing tuition, or both! We are more concerned with your ideas than impeccable grammar and spelling (it may not be obvious from some of the glaring errors that sometimes appear on our pages, but we do have editors and proof-readers!), so don't let your writing get in the way of participating. It is our intention to run all of the submissions in the hope of providing our student government with an accurate depiction of students' thoughts

on this controversial issue.

Your submission must reach Lambda's office by 12:00 p.m., Friday November 28, 1997. Typed would be nice, but it may be legibly handwritten if need be. Because I am fundamentally opposed to limiting creativity, the word count will be disregarded for poets!

The prize we have to offer is a \$50 gift certificate for the South Side Bistro & Cortina. The winner will be determined by a straight draw from all submissions. We look forward to hearing from you! Good luck and Enjoy!

LUESS Cross Their Bridges!

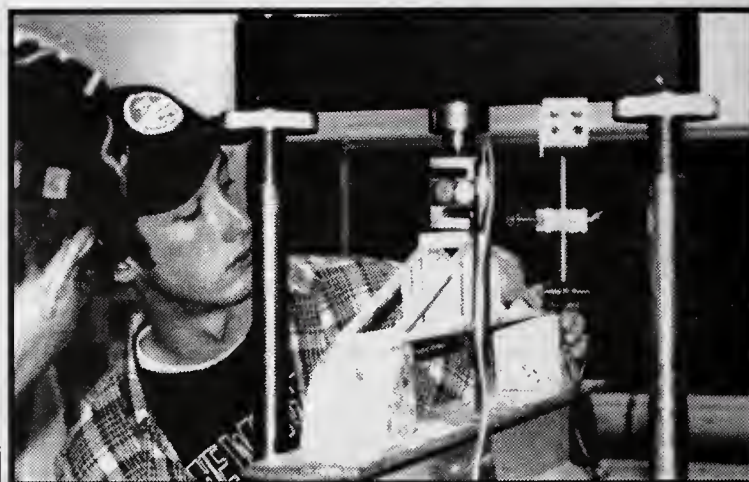
by Norman Shields
News Editor

LUESS, Laurentian's Engineering Society, is gearing up for a city-wide model-bridge building contest. LU will be represented by the team of Mike Gigliotti and Richard Lamoureux together with Pierre Mainville, who finished first and second at last week's in-house testing. Whistling "London Bridge is Falling Down", thirteen teams destroyed their bridges one by one. Mr. Gigliotti, Mr. Lamoureux and Mr. Mainville will join forces in hopes of defeating Cambrian College, Collège Boréal and the Young Engineers of Sudbury. (The city contest took place on Tuesday, but results were not available at press time)

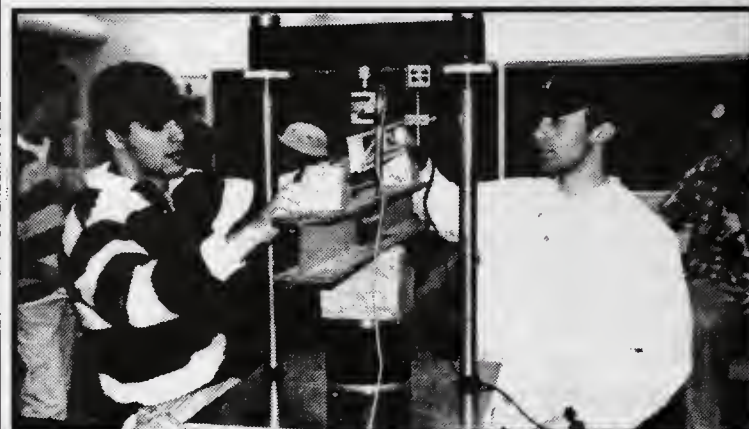
The city contest, sponsored by the Professional Engineers of

Ontario, is a warm-up for LU who will be participating in a national contest next spring at Concordia University in Montréal. Finishing third was the team of Erin Jones and Terry Smith. Also participating in the bridge contest were: Brent Salo, Chris Schroeter, Steve Weiterman, Peter Xavier, Peter Weiss, Jodi Marcotte, Claire Parkinson, Pauline Germundson, J.P. Fortin, Mike Glogger, Meredith McMaster, Camie McGraw, Neil Milner, Bob Sadeghi, and the team of Shawn Curtis and Tina Bertolli (whose bridge was disqualified!). The testing was overseen by LUESS faculty liaison, Lionel Rudd.

Below are some photographic highlights!



Terry Smith steadies his bridge in preparation for the stress test. Built with his partner, Erin Jones, Terry's bridge survived about 215 Newtons of force before collapsing!



Peter Weiss and Peter Xavier prepare their bridge for testing. The model structure withstood approximately 105 Newtons of force before losing its integrity.



LUESS members look on as Mike Gigliotti and Richard Lamoureux's bridge is tested. The team's bridge surprised everyone by sustaining well over 400 Newtons of force before collapsing!

Stress O'Rama

by Sarah MacDonald
features editor

If you're anything like me, you're wondering how in the hell you're going to be able to do all of the things that you need to in the next few weeks. We all have about fifty million things due in the next week or two and then the joys of exam time coming up in December. I'd like to know why all of the Profs. are sick bastards who get together and decide to make everything due at the same time, making the lives of their students a miserable hell. Do they hate us that much?

It's not just school that causes all this stress either. Most of us have things going on that aren't even school related that add even more stress to an already unbearable load. It is always around this time of year when I seriously contemplate withdrawing from school and preserving my own sanity, not to mention protecting any innocent bystanders who may be caught in the crossfire when I finally do blow. At the rate things are going, I know it will be soon.

The only thing that consoles me in this time of work overload and anxiety attacks is that I'm not alone. Let's face it, the life of a student is definitely not all pubs and fun. There are assignments, essays, presentations, midterms, and finals all conveniently planned at the same time. Chances are that you aren't caught up on all the reading and homework that you should have done to prepare for the avalanche of work coming down on you.

Is it getting hard to breathe? Do you feel suffocated from all the shit you have to do and the little amount of time you have to do it in? Worry no more, Lambda's here with some tried and true stress relievers to help you cope with your hectic life.

Everyone I know needs all the help they can get to make it through to the holidays without seriously losing their shit and causing bodily harm to someone. Oh yeah, if you're one of those annoying assholes who has nothing to stress about, DON'T TELL ANYONE, it's liable to get you killed this time of year.

Doing the research for this feature was sort of like a last ditch effort to save a sinking ship. My stress level piqued a while ago and I had reached the apathy stage where I just didn't care anymore whether or not I ever finished another assignment or test again. You may recognize this stage in yourself or your friends. It's a dangerous stage to be in; this is the stage when you tell your Profs. to go to hell or you admit to your parents that you've always wanted to be a professional finger painter and you don't really need to be in school anymore!

Some of the stress management techniques seemed a little off the wall to me, but I figured why not? Anything has to be better than anxiety attacks, imagining myself as the fry-girl at McDonald's, and plotting the untimely demise of all of my professors and the students who "don't feel any stress, I'm on top of my game" (yes, some prick actually said that to me, and no I didn't tear his vocal chords out even though I was sorely tempted to).

So now you can read on about all of the wonderful, and not-so-wonderful stress management techniques that will supposedly make you happier, healthier, and more productive. If these don't work for you, don't despair the semester will be over soon and you can have a full-fledged breakdown over Christmas Break and be back in the New Year a revitalized person, until April that is.

Stress not only affects the psychological aspects of a person, it also has measurable physiological responses within the human body. Contrary to popular belief, stress is not all in the mind. When the human body perceives stress, a series of chemical responses is triggered. Alterations in skin temperature, respirations, blood pressure and heart rate are only a few of the physiological responses to stress. Many people afflicted with stress also experience headaches, loss of appetite, depression, inability to sleep, low energy levels, and the outbreak of rashes or hives, among other things.

All of these physiological responses are in addition to the wide range of emotional and psychological upheavals taking place. A seriously stressed-out person has little control over their emotions. The range of emotions can go from extreme sadness, to depression, to apathy, to confusion and desperation. Even the slightest thing can cause upset or an inappropriate emotional response that the afflicted person cannot control or explain. It is not easy for the person who is stressed, nor is it easy for those people around this person.

New research into the field of stress and its effects on the human brain and body now indicate that a person's previous exposure to stress makes them more susceptible to stress

in the future. What this means is that stress is a cumulative problem in a person and must be taken seriously. In light of this new finding, it is more important than ever that people develop stress management techniques and reduce the stress in their lives from a young age.

As Robert Epstein, Ph.D., states "If you wait until you're feeling stressed before you employ some technique for managing stress, it's already too late. You need to have a bag of tricks that you can deploy proactively. If you turn to them throughout the day, that changes your threshold of stress tolerance." (From Psychology Today, Jan/Feb '96). The key to managing stress is to take action throughout the day and preemptively strike against stress.

Now that it is a proven fact that stress itself determines our ability to cope with stress, it is all the more important to recognize what stress is, how it affects you personally, and what stress management techniques work best for you. You may even be afflicted with "stress sensitization". This is a clinically proven condition in which a person's brain has been altered by previous exposure to stress and now responds in a wholly inappropriate manner.

As Seymour Levine, Ph.D., explains "Years of research has told

Short-term Reaction

Personal reaction to stress varies widely. The following is a selection of different reactions gathered from people over a period of time who have attended courses, workshops, and private consultation.

Immediate Physical Reaction

- cold sweaty hands, goose bumps, laugh, cry, giggle, dry mouth, diarrhea, nausea, vomit, indigestion, knot in stomach, muscles tighten, tension and trembling, hypertension (high blood pressure), butterflies in stomach, yawning and eyes watering, breathless, fidgety, restless, clumsy, biting finger nails, frequent emptying of bladder, tachycardia (rapid heart beat)

Immediate Psychological Reaction

- freeze on the spot, speechless, mental block, miss the point, aggressive, anxious, confused, forgetful, panic, take avoiding action, stare into space, escape - get away from it all, social clumsiness, insecure, frightened, feeling helpless, difficulty in focusing attention

Apparently Positive

- flash of clear thinking, motivation to action, quick witted, meet deadlines, brilliant artistic performance, best work done under stress, able to be more positive

Long-term Effects

Some of these reactions are common at some point in our lives. However, an accumulation of continuing stress over a period of time without regaining balance can become a way of life. A refusal to

recognize or accept the messages of overloading can lead to short and long-term illness.

When a warning light shows up in the car it is necessary to attend to it rather than just disconnecting the wire so that the warning light is no longer seen. And if the car is maintained as it should be, the warning light wouldn't need to go off. Sometimes people have a blissful unawareness of the need to regain balance. At other times the awareness may well be there, but without the desire to do anything about it. There may be repeated unsuccessful attempts to do something about it and so the long-term effects begin to accumulate. Although the original stress may *appear* to have lost its impact the reactions themselves have now become an additional source of stress.

The following is a list of effects experienced by different people over a longer period of time.

Long-term Physical Effects

- weak-spots begin to act up (old injuries, arthritic joints, skin rash, eczema, asthma, chronic insomnia, constipation, diarrhea, indigestion, headaches, chronic neck, shoulder, and back pain), migraine, unexpected increase or decrease in weight, menstruation irregular or stops altogether depending on the severity of the response, high blood pressure, frequent tachycardia, breathlessness, panic attacks, sexual difficulty (loss of libido, impotence), sweating or crying for no apparent reason, overeating, picking at food, loss of appetite, dizzy spells, unnatural fatigue, constantly jittery, nervy, impatient, can't sit still, talking incessantly

Long-term Psychological Effects
- irritability, over-anxious and worried about the future, over-suspicious, depressed and feel guilty about the past, fear of rejection and loss of confidence, feeling of worthlessness, can't bear to be alone, turn in on oneself - very withdrawn, extreme feeling of 'us' and 'them', difficulty in seeing another's point of view, need to work very slowly and can't manage too many things at once, lose sense of reality, inability to make decisions, easily lose concentration, lose sense of priority and proportion - don't know which way to turn

Lifestyle at Home/Work

- highly competitive and over-ambitious, hard driving and 'hell-bent' on success, can't resist yet another challenge to conquer, chronic sense of time urgency, fitting in as many things as possible into time available, using work as defense against life, hostile and ferocious towards anything or anyone that gets in the way, hustle and bustle often counter-productive, constantly interrupting - must have the first and last word, feeling of fighting the world to survive, familiarity with anger, fear, and rage, frightened of letting go - people, possessions, and ideas, extreme feeling of me, mine and power, reluctant to pause and take a deep breath, leaving no spaces in day just to be quiet, bored, lonely, lack of stimulation, feeling of 'no-one to turn to', not enough time for other people, not enough time for self

This information comes directly from Stress: A New Positive Approach by Jenni Adams

The Harmful Effects of Stress

us that people do become sensitized to stress and that this sensitization actually alters physical patterns in the brain. That means that once sensitized, the body does not respond to stress the same way in the future. We may produce too many excitatory chemicals or too few calming ones; either way we are responding inappropriately."

Stress sensitization produces the kinds of reactions present in individuals who become completely stressed out over the slightest thing and it also produces the reactions present in individuals who experience a strange calm or indifference when they should be feeling some degree of stress. These are somewhat dangerous emotional responses in that the health risks associated with being over-stressed are quite real, i.e. high blood pressure, digestive tract problems, and coronary complications. On the other hand, it is also important to have what physiological responses to stress are needed to initiate activity in a person.

Stress in our lives is not simply an idea in our heads that can be pushed aside, as many students try to do. Stress causes an actual chemical response in a primitive region of the brain. Stress activates the same part of the brain that is responsible for controlling eating, aggression, and

immune response. The "fight-or-flight" instinct in humans is important for self-preservation and is very instinctual. It is this response that is determined by our ability to cope with stress, which is now linked to our previous exposure to and handling of stress.

The physiological responses of stress are measured through hormone levels and activity, mainly from the hypothalamus gland at the base of the skull. It is the hormones that trigger the physical symptoms that we feel; things like shortness of breath, a panicky feeling, or a racing heart are prime examples. It is precisely these hormonal activities, which become prolonged and progressively worse as a result of everyday stressors in life, that end up poisoning the body.

The long term effects of the overreaction of the brain in response to stress is that it takes an enormous toll on the human body. Chronic stress, as is common in the lives of college and university students, wears down several internal systems of the human body. Sufferers of chronic stress are much more susceptible to diseases, infections, cancer, heart problems, and many other health problems. Many practicing doctors believe that the origin of many illnesses is due to the vulnerable state

the body is left in as a result of stress.

It is quite obvious then, that stress is not only a psychological manifestation, but it is also a tangible biochemical phenomenon in the human body. This means that it is vitally important to learn effective ways of handling stress for both your mental and physical health. While it is never too late to begin coping with stress in a productive way, the earlier you start, the healthier you will be. More importantly, is the fact that stress must be handled on an ongoing basis.

To avoid stress sensitization and the cumulative damage of stress on the mind and body, we must always be aware of how we are coping with the stressful events we encounter every day. As Dr. Epstein says, it is too late to wait until we are feeling anxiety or stress to do something about it. The only way to avoid the ill-effects of stress is to know ahead of time what stress management techniques work for you personally and to use them frequently, before stress hits. It's well worth your while to take the time and energy to investigate your own stress level, what causes you stress, and what is the best way for you to handle it.

Next Week's Feature:
Cults

by Derek Serafini
Asst. Features Editor

Stress Management

Stress is a part of everyday life. As university students, our levels of stress can sometimes get very high with trying to meet academic demands, adjusting to a new living environment, and developing new friendships, among about a million other new things. Mild forms of stress can be beneficial and may act as a motivator and energizer, however, if your stress level is too high, medical and social problems can result.

There are several signs and symptoms that you may notice when you are experiencing stress. Those signs and symptoms fall into four categories: Feelings, Thoughts, Behaviour, and Physiology.

Feelings associated with stress include: feeling anxious, scared, irritable, or moody.

Thoughts related to stress include: low self-esteem, fear of failure, inability to concentrate, being easily embarrassed, worrying about the future, preoccupation with thoughts and tasks, and forgetfulness.

Behaviour closely associated with stress include: stuttering and other speech difficulties, crying for no apparent reason, acting impulsively, startling easily, being accident prone, increased smoking, increased alcohol consumption, grinding of teeth, loss of appetite or overeating.

Physiological responses resulting from stress include: increased per-

spiration/sweaty hands, increased heart beat, trembling, nervous ticks, dryness of throat and mouth, being easily fatigued, problems sleeping, butterflies in stomach, headaches, loss of appetite or overeating, pains in neck and lower back.

If your life is anything like mine, you can probably relate to having at least a few of the above symptoms. We cannot escape the fact that stress is a fact of modern living. The trick, however, is to learn to handle all of the various stresses which we encounter. Many stresses can be minimized, changed, or altogether eliminated. Here are some things that you can do to reduce your level of stress:

1. Become aware of your own reactions to stress. In doing so, you will come to an understanding of the exact way in which you deal with stress. This will allow you to make changes if necessary.
2. Develop positive self-statements which you can use when you need a boost.
3. Focus on your good qualities and accomplishments. All too often, we pay close attention to our flaws and forget our attributes. The good qualities, however, will often outweigh the bad ones. Remembering the good things will help motivate us to rise above the crap.
4. Avoid unnecessary competition. Competition can lead to us making decisions that we may regret later.
5. Develop assertive behaviours.

Bottling up stress can lead to serious problems down the road. If something pisses you off or warrants change, speak up.

6. Recognize and accept your limits. Remember everyone is unique and different.
7. Find a hobby or two. Relax and have fun.
8. Exercise regularly. Most experts recommend at least 30 minutes of aerobic activity 3 times per week.
9. Eat a balanced diet and get enough sleep.
10. Talk with friends and family about problems. Sometimes they may be able to provide valuable advice which will prevent you from wasting hours of thought on a solvable problem.
11. Learn to use time wisely. You must learn how to budget your time and avoid procrastination.
12. Set realistic goals and establish priorities.
13. When studying for exams, study in short blocks and gradually lengthen the time that you spend studying. Take frequent short breaks. Experts recommend working no longer than 90 minutes straight on one particular thing. The current trend is towards the Ultradian method (allows for a 20 minute break every 90 minutes).
14. Learn and practice relaxation techniques.

Following these guidelines will help you to avoid some of the pitfalls into which we are prone to fall.

Relaxation Techniques

by Derek Serafini
Asst. Features Editor

Everyone claims to have a remedy to stress these days. Most are con men who are out to make a buck. There are, however, several proven techniques that may help promote relaxation. They can be done by almost everyone at no cost.

Meditation

Meditation involves focusing your thoughts on one relaxing thing for a sustained period of time. In doing so, the mind is diverted from thinking about the stress-causing problems. It allows the body time to relax and recuperate and clear away toxins that may have been built up through stress and mental or physical activity. Meditation is mostly used to alleviate short-term stressors, however, used effectively, it can aid those who suffer from a long-term stress.

The essence of meditation is to quiet your thoughts by focusing completely on just one thing. Meditation is an active process which seeks to exclude outside thoughts and distractions by concentrating all mental faculties on the subject of meditation. A number of different focuses of concentration can be used. Whichever one is chosen is a matter of personal taste. Some popular focuses include:

Breathing - A useful method of meditation is to focus on your breathing. The trick is to concentrate on the breaths entering through your nose and exiting through your mouth. The breathing is accompanied by counting of the numbers 0-9. You visualize the numbers changing with each breath. Alternatively, you can visualize health and relaxation flowing into your body, while stress and pain

flows out.

Focusing on an object - In this meditation, the emphasis is on focusing intently on one object. Examine the shape, size, colour, texture, temperature, and movement of the object. Objects commonly used are: flowers, candle flames, and flowing designs. However, almost any object can be used effectively.

Focusing on a sound - Some people like to focus on various relaxing sounds. The classic example is the Sanskrit word "Om", which means perfection. Whether or not this is practical depends largely on your lifestyle.

Imagery - In this meditation, a mental image of a pleasant and relaxing place is created. The trick is to involve all of your senses in the image: hear the sounds, smell the aromas, feel the temperature and the movement of the wind. Relax and enjoy the location in your mind.

Relaxing with meditation can have the following benefits: it slows breathing, reduces blood pressure, helps muscles relax, gives the body time to eliminate lactic acid and other waste products, reduces anxiety, eliminates stressful thoughts, helps with clear thinking, helps with focus and concentration, reduces irritability, reduces stress headaches.

Self-Hypnosis and Auto-Suggestion

Hypnosis, more than meditation, has garnered a bad reputation. Over the years, many people have made a living by overlaying the practical and useful techniques with religious, mystical, and magical rituals that are not warranted. Hypnosis is merely a state of mind in which you are very

relaxed. In that state, you pay close attention to suggestions that you want to implant and you don't criticize or judge them, but accept them at face value.

Self-Hypnosis is used to directly program the unconscious mind with affirmations and suggestions that would have otherwise had to go through critical processes in your mind. You can use the implanted programming to reduce stress and induce relaxation. Normal hypnosis is often ineffective in stress reduction as it requires the presence of a hypnotist. However, self-hypnosis, is just as easy and it has the additional benefit that you can completely control what is imputed into your mind when you are in a suggestible state.

The first step of self-hypnotism is to relax yourself. Find a quiet, comfortable place where you can remain undisturbed. Close your eyes and try using the imagery of waves of relaxation running down through your body from your scalp down to your toes. Let the muscles relax as the waves wash over them. Alternative techniques involve fixing your eyes on a spot on the wall, or riding down an elevator from the top of a tall building.

Once you are completely relaxed, you can focus on your own suggestions. One suggestion that you can usefully imbed is that when you hear a particular trigger word, you relax yourself into this state. Other suggestions can include anything that you may wish to improve upon. Suggestions work best when they are one or two words.

Effective use of suggestion can: build confidence, reinforce goals by

Regulating Environmental Stress

by Derek Serafini
Asst. Features Editor

In addition to the techniques that we can use to help us cope with stress, there are several things which we can do to alter stress levels around us. If our living and working environments are poorly designed and organized, they can cause a great deal of stress. However, on the other hand, if they are well-designed and well-organized, it can help to prevent much of the stress that we may be subject to. Several items which must be looked at include: air quality, lighting, decoration and tidiness, noise, furniture and ergonomics, and existence of a personal space.

Poor air quality can make life unpleasant. Factors like: smoking, the lack of air conditioning, the lack of heating, overcrowding, pollution, and excess humidity or dryness can all lead to a stressful environment. Taking steps to improve those problems can make life much more pleasant as breathing clean air is essential to life.

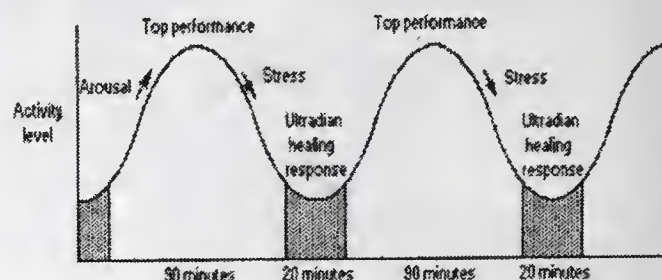
Bad lighting can cause eye strain and increase fatigue. In addition, so too can light that is too bright, or light that shines directly into your eyes. Fluorescent lighting can also cause eye strain. The quality of light may also be an important factor contributing to stress. Most people seem to respond better to natural sunlight than they do to artificial light, which composes only a few wavelengths of light. Experts recommend that people get as much natural sunlight as possible. In addition, they recommend that you experiment with light bulbs to try and find the best one.

Noise can cause intense stress. In an environment with a high level of background noise, it is hard to concentrate. Large amounts of background noise during the day can cause irritability and tension headaches in addition to loss of concentration. Experts recommend separating yourself from the noise when concentration is necessary. Finding a quiet room or a private place in the library can help you to get your work done and reduce stress.

Furniture and ergonomics can cause a great deal of muscular tension and stress if they are poorly designed. If you consider how much time you may spend in a particular chair, in a particular position, each day, it is worth ensuring that it is not causing you pain or damaging your body. When working at a computer, it is important to make sure that the monitor is level with your eyes. If you feel that you are experiencing pain from your environment, it may be worth looking into ergonomics.

It is important for each of us to feel that we have sufficient personal space. If that space is imposed upon, or it doesn't even exist, stress will persist. Experts recommend that you find your own space where you can be alone and relax.

FIGURE 2
THE ULTRADIAN PERFORMANCE RHYTHM



Adapted from: Rossi, E.L. The 20 Minute Break. Tarcher-Putnam, New York, 1991, p. 12.

etching them into your mind, reduce stress, and motivate and energize you when you are feeling sluggish.

Progressive Muscular Relaxation

Progressive Muscular Relaxation (PMR) is a purely physical technique for relaxing your body when your muscles are tense. The idea behind PMR is that you tense up a group of muscles so that they are tightly contracted as possible. Hold them in a state of extreme tension for a few seconds then relax the muscles to their previous state. Finally, you consciously relax them as much as you can.

There are 15 major muscle groups to relax. They include: hands, forearms and back of hands, biceps, shoulders, forehead, face, lips, tongue, neck, chest, stomach, back, legs and thighs, calves, and feet. Each group is worked in a different way. For more information on PMR, consult the pamphlet entitled "stress", provided by the Counseling and Re-

source Centre.

For maximum relaxation, you can use PMR in conjunction with breathing and imagery techniques. At its most effective, PMR can drastically reduce stress.

There are many other techniques and products that claim to reduce stress. Some are medicinal and others are not. The use of medicinal aids should only be used in extreme cases after consultation with a doctor. Before that, however, alternative medicines like aroma therapy and acupuncture can be explored. The problem with most of these remedies is the cost involved. In addition to the cost, there is no substantiated evidence that they even work, though thousands claim to have been cured.

There is no surefire way to eliminate stress from life. To live is to have stress. We must understand the sources of our stress and learn to manage it in our own way.

Pick and Choose

by Sarah MacDonald
features editor

Stress management is big business. If you walk into any bookstore, you'll see shelves upon shelves of self-help and stress management books. There are countless seminars and workshops where you can learn how to cope with stress in a variety of weird and wonderful ways. With the bombardment of all of these ways to handle stress, it's pretty hard to figure out which one or ones work best for you.

Some people feel relaxed and calmed with deep breathing exercises, others just start to feel dizzy. Some people feel in touch with the universe in an excruciating yoga pretzel-hold. I say to each his/her own. The problem is that many of us hear that a given technique works and so we think that we must be doing something wrong if it isn't working for us. This only adds to the stress that we are already trying to get rid of.

Stress management is a catch 22 situation. Until you find what works for you, you could just be adding to the problem. For instance, my mother, whom I love dearly, is into some crazy new-age stuff that, out of desperation, I decided to try. Let's just say that I was still totally stressed out but I also felt like a complete moron. If visualization and meditation works for her (with the help of her crystals of course) then that's great. But it sure as hell didn't do anything for me.

I know people who literally sleep their troubles away. Things get too stressful for them and they retreat to the warm safety of their beds. Once they wake up, everything seems back into perspective and not so overwhelming; they are then able to tackle the world. I'm really jealous of these people. When I'm stressed out I'm lucky if I can get to sleep at all, and if I do, I feel guilty for all of the things I should have been doing when I was sleeping.

The range of action that peo-

ple take to combat stress is wide and can get pretty strange. In my first year, a friend and I rounded up all of the breakable glasses and bottles that we could, went out into the woods and smashed every piece of glass against a giant rock. Each glass was given the symbolic identity of something that was pissing us off or causing us stress. It felt great to completely shatter whatever it was that was stressing us out. This may sound a little insane but when you're at the breaking point, it's pretty healthy to take control and feel some release.

But that kind of spontaneous action, like shattering glasses, doesn't keep the stress from building up to the breaking point. The key thing is to be able to handle things before they get that bad. What we're talking about here is the ability to cope with things and adapt to stressful situations in a way that is emotionally, mentally, and physically healthy.

If yoga and meditation aren't your thing (and if you haven't tried it, give it a shot because you just never know!), then try taking time out every day to do something just for yourself without feeling guilty. Just remember, we chose to feel the way we do and we decide how we are going to react to any given situation. You don't have to let something or someone get to you if you really don't want them to. Of course, that is easier said than done but with a little practice, even you could become an expert.

All the research and the professionals say that everyone should have some stress relievers to fall back on. Everyone has their own threshold for stress that dictates how much they can and cannot handle. Once you recognize your own threshold and know what stress relievers are most effective for you, you will enjoy a life that is as close to stress-free as humanly possible. Oh yeah, and you can be a guru to all of your friends.

What is Your Stress Index?

How high is your Stress Index? Find out by scoring your answers to the questions below.

Do You Frequently:

Neglect your diet?	Yes	No
Try to do everything yourself?	Yes	No
Blow up easily?	Yes	No
Seek unrealistic goals?	Yes	No
Fail to see the humour in situations others find funny?	Yes	No
Act rude?	Yes	No
Make a "big deal" of everything?	Yes	No
Look to other people to make things happen?	Yes	No
Have difficulty making decisions?	Yes	No
Complain you are disorganized?	Yes	No
Avoid people whose ideas are different from your own?	Yes	No
Keep everything inside?	Yes	No
Neglect exercise?	Yes	No
Have few supportive relationships?	Yes	No
Use sleeping pills and tranquilizers without a doctor's approval?	Yes	No
Get too little rest?	Yes	No
Get angry when you are kept waiting?	Yes	No
Ignore stress symptoms?	Yes	No
Put things off until later?	Yes	No
Think there is only one right way to do something?	Yes	No
Fail to build relaxation time into your day?	Yes	No
Gossip?	Yes	No
Race through the day?	Yes	No
Spend a lot of time complaining about the past?	Yes	No
Fail to get a break from noise and crowds?	Yes	No

Score 1 for each "YES" answer, 0 for each "NO".

Total your score

What Your Score Means ...

1-6: There are few hassles in your life. Make sure, though, that you are not trying so hard to avoid problems that you shy away from challenges.

7-13: You've got your life in fairly good control. Work on the choices and habits that could still be causing you some unnecessary stress in your life.

14-20: You're approaching the danger zone. You may well be suffering stress-related symptoms and your relationships could be strained. Think carefully about choices you've made and take relaxation breaks every day. Find out more information on coping with stress.

Above 20: You need to stop now, rethink how you are living, change your situation, and pay careful attention to diet, exercise, and relaxation. There are many places which can help you live a healthier, happier life.

Finding out scores in answer to questions can indicate stress levels. This is a tool for people to become aware of the stress they may be under. However it is only a tool, many questionnaires are subjective. A person may be under a lot of stress at one point, (i.e., exams) while others may be having a great day when they take the quiz. There are other ways of being aware if you are under stress and whether you need help in managing it well. (Index by Canadian Mental Health Association.)

Who Do You Turn To For Help?

by Karen Thistle
staff writer

Sometimes when we are feeling depressed, anxious, confused or unable to cope, talking to supportive friends and family members is all we need. However, sometimes talking to an objective person is easier when you're trying to sort out your questions. On campus there are many services that can provide you with help and that objective listener.

The Laurentian University Counseling and Resource Centre is one place to turn. They have three counselors (two male and one female), who offer counseling services for individual and groups including; academic, career-planning, personal issues and women's issues. Located in Room L210, 2nd floor of the Parker Building down the hall from the bookstore (see the Placement Center), they also offer much more.

The Counseling and Resource Centre offers a Peer Tutoring Programme. Senior students who excelled in certain classes are paired up with students who need help with that class. Often students stress levels rise when they are not able to keep up with a class. The tutor may be able to offer suggestions, tricks,

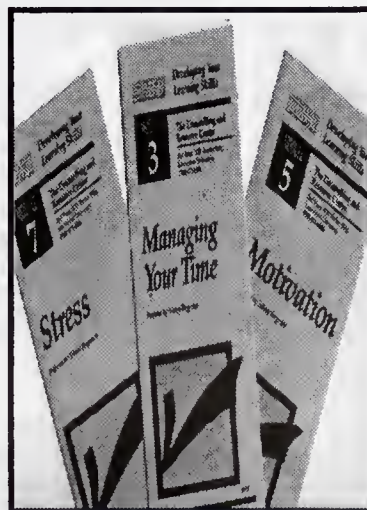
or hints that will help them improve their performance, thus reducing stress.

The programme pairs up students who then set up a time and place to meet where they are both comfortable with the arrangements. The senior student is paid, however there is no cost to the tutee who is using the service for the first five hours. The student receives five free hours per term. Usually that is all the student requires. If the student wants more help after the five hours (which need not be used in one sitting) then they arrange with the tutor a price that they both feel is reasonable. Tutors are usually needed in the sciences i.e. Computer Science, Chemistry, Physics, Biology, Math, Commerce and Stats, however, tutors in other courses are also needed.

Students should remember that they can also talk to teachers after class, or make appointments to see them outside the class room if they are having trouble. It is better to talk to the teacher then skip the class and add the stress of poor grades on to previous stress.

The Counseling and Resource Centre also offers career counseling. Many students may be

feeling added stress from the pressure of graduation. The Centre offers a resource library and workshops on career and personal issues. Students can make an appointment to talk to a counselor to discuss options and what directions they may want to take.



The Centre also offers workshops and seminars for self-improvement. Students may benefit from seminars on Note-taking and Time management that will also help release stress. The seminars are offered in both semesters and there is no fee. The next seminars will be on Exam

Preparations. Just check with the Counselling and Resource Centre for the times and dates- no need to register. Wednesday, Nov. 26th 3:30 to 4:30 Room L338. Thursday, Nov. 27th 4:30 to 5:30 Room L303. Drop by the centre for future dates.

The Native Student Services is offering a workshop in Stress Management on November 20-21st. Students don't need to register, they can attend either date at 11:30 to 12:30 in room L239. There is no fee - and if you are too busy to attend this workshop then you need this workshop!

The Native Student Services also offers Aboriginal Students peer tutoring and personal and academic counseling by appointment. They are located in the Student Life Office Room L239. Students also have access through appointment to traditional resource people on campus.

Health Services, located in the Single Students Residence, Room G23, offers students a walk-in service where they can receive information and health teaching by the nurse on campus. The can also be given referrals if they need to talk to a doctor, counselor or psychiatrist.

Remember students, that these services provide confidentiality.

Students should be aware of the other services open to them. The Special Needs Office provides students with special needs a variety of services including support with regard to assistive devices, interpreters, invigilators, and tutors. They also provide resource material regarding disabilities for the use of all students.

Campus Ministry offers students accessibility to Spiritual Life on campus. Students can make appointments to speak with different Chaplains and other members of the Campus Ministry team. Located in Room 233 of the Student Centre students a free to drop in and see what they can offer your spiritual needs.

These are just a small sample of the different options students have to turn when they need help. Much of the stress that students feel can be relieved by finding the right support and help. These services are free and exist to help students in every aspect of their lives. Students are free to make use of these services and are guaranteed confidentiality. So make the first step in relieving stress, go out and make use of the services provided for you.

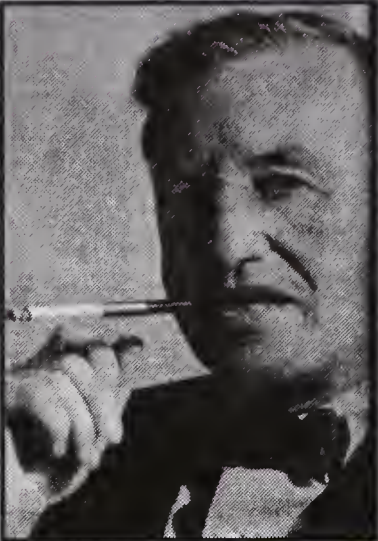
Ian Flemming

It is hard to find a lot of information about the man who created James Bond. Ian Flemming had a very secretive background that has never been fully brought to life. The best way to find out the story of Ian Flemming, an actual agent and spy for Her Majesties Secret Service, would be to pick up the book **The Spy Who Came In With The Cold**, written by *Harry A. Zeiger*. This biography, originally published in 1965, covers Flemming's life before, during and after the war, and the phenomenon that was just beginning: James Bond.

Ian Flemming was born in 1908 and was educated at Eton. After a brief period at Sandhurst, he went abroad to further his education. In 1931, having failed to get an appointment in the Foreign Office, he joined Reuters News Agency. During the Second World War, he was the personal assistant to the Director of Naval Intelligence at the Admiralty, rising from the rank of Lieutenant to Commander. It was his wartime experiences that provided him with a first hand knowledge of British secret operations.

After the war, Flemming became Foreign Minister of Kemsley Newspapers and built his house, Goldeneye, in Jamaica. At age 42 he wrote **Casino Royale**, the first of fourteen Bond Novels. At the time of his death in 1964, the fourteen novels had sold more than 40 million copies. All the Bond novels are still in print and are available at bookstores.

Along with the James Bond novels, Flemming has also written other novels including **The Diamond Smugglers**, a true life story about a diamond smuggling ring that was brought down by an ex-M.I.5. Chief, and **Thrilling Cities**, a guide book to



all the "flesh-pots of Far Asia and America". But the most famous of the Flemming novels would be the children's tale **Chitty-Chitty Bang-Bang**. Not many people know that Flemming wrote this novel along with the Bond novels. Just remember that when you are watching Jeopardy!

The Bond Novel (1953 - Present)

James Bond creator Ian Flemming may have died in 1964, but his novels still live on, and so does James Bond. The original fourteen Bond novels were written by Ian Flemming and became instant classics. Hollywood could not keep away for long as they started to scoop up the rights to the novels and send the movies out onto screens almost back to back.

The novels are much different from the movies, and are much better. For Bond fans, it is hard to imagine anything better than a Bond movie, but the books are vastly superior! The storylines are more believable, the characters are more substantive, and the stories lead from one into the other. The books came out in a completely different order than the movies, so to bring the movies to the screen, they had to do some extreme alterations. The biggest change came in the taking of a scene from the original *Live and Let Die* (2nd book, 8th movie) and placing it in the movie *Licence to Kill* (17th movie). The movies are actually a bastardization of the original books.

The Flemming novels are written as if you know everything there is to know about the workings of the British Services, but it does not take long to get the hang of it. There are some strange differences though. All currencies, weights and measurements are British. It gets confusing unless someone can tell you how much a Stone weighs.

The Flemming novels are not as out there as the movies are. Everything is believable, and could have

happened. Bond is not as much of a lady killer as he is in the movies, and the female leads are not named Pussy Galore or Agent XXX. These are great novels that will have you craving more and more Bond.

If it is more Bond you crave, then John Gardner is your man. In the early 1980's, this former journalist and Royal Marine Officer, was given the rights to the series and name of James Bond. Gardner has taken Bond into the modern era with bigger and more treacherous adventures. Gardner has just surpassed Ian Flemming by releasing his fifteenth Bond novel.

Bond is different in these novels, as he is modernized and a little more like the movie character than the original print incarnation. Gardner has grasped the feeling of Bond very well though, and has released many great adventures for 007. It is great that the series has continued though. The Gardner novels are good novels, but I recommend reading them only after reading the original series by Flemming.

Here is a listing of the novels in chronological order of original publishing dates:

Flemming:

- Casino Royale
- Live and Let Die
- Moonraker
- Diamonds are Forever
- From Russia, With Love
- Dr. No
- Goldfinger
- For Your Eyes Only
- Thunderball
- On Her Majesties Secret Service
- You Only Live Twice
- The Man With The Golden Gun
- Octopussy
- The Spy Who Loved Me

Gardner:

- Licence Renewed
- For Special Services
- Icebreaker
- Role Of Honor
- Nobody Lives Forever
- No Deals, Mr. Bond
- Scorpius
- Win, Lose or Die
- Brokenclaw
- The Man From Barbarossa
- Death Is Forever
- Sea Fire
- Cold
- Licence to Kill (based on the film)
- Goldeneye (based on the film)



James Bond Movies to Date

- Casino Royale - Television (1954) *Barry Nelson*
- Dr. No (1962) *Sean Connery*
- From Russia With Love (1963) *Connery*
- Goldfinger (1964) *Connery*
- Thunderball (1965) *Connery*
- You Only Live Twice (1967) *Connery*
- Casino Royale (1967) *David Niven*
- On Her Majesties Secret Service (1969) *George Lazenby*
- Diamonds are Forever (1971) *Sean Connery*
- Live and Let Die (1973) *Roger Moore*
- The Man With The Golden Gun (1974) *Moore*
- The Spy Who Loved Me (1977) *Moore*
- Moonraker (1979) *Moore*
- For Your Eyes Only (1981) *Moore*
- Never Say Never Again (1983) *Sean Connery*
- Octopussy (1983) *Moore*
- A View To A Kill (1985) *Moore*
- The Living Daylights (1987) *Timothy Dalton*
- License to Kill (1989) *Dalton*
- Goldeneye (1995) *Pierce Brosnan*
- Tomorrow Never Dies (1997) *Brosnan*



Bond Trivia

- Here are some little known facts about the James Bond character, series, and actors:
- *Dr. No* is considered the first Bond movie even though *Casino Royale* (1954) was the first time Bond was ever seen on the screen.
 - *Dr. No* was filmed for only \$900 000
 - Even though Bond is a British agent, **Sean Connery** was Scottish, Roger Moore is American, and **George Lazenby** is Australian. It wasn't until the 1980's that Bond was actually British.
 - The character of Q has always been played by **Desmond Llewellyn** since *From Russia...* and by no one else.
 - Bonds boss, M, was always played by **Bernard Lee** until his unfortunate death. Now M is played for the first time (starting in *GoldenEye*) by a woman, **Dame Judy Dench**.
 - **Pierce Brosnan's** first wife **Cassandra Harris** played a Bond Babe in *For Your Eyes Only*. She died in 1991 of ovarian cancer.
 - **Ian Flemming** did not like the portrayal of Bond by **Sean Connery**.
 - Brosnan was asked to play Bond in 1986 when Moore was retiring, but NBC would not let him out of his contract for *Remington Steele*.
 - Promo shots were taken of Brosnan in 1986 and there were even posters made for the next movie (*The Living Daylights*) with his likeness on them. Can you say collector's item?
 - **Sean Connery** has been heard to say that he wishes James Bond would just die.
 - The only movie that is even close to the story from the actual novel is *Thunderball*.
 - *Austin Powers* is a making fun of 1967's *Casino Royale*, which is a send up of the original Bond movies.
 - James Bond actually married in the movie *On Her Majesties Secret Service*, but his wife was killed by Blofeld before the movie ended.
 - James Bond is an orphan.
 - The name James Bond was taken from a bird watching book owned by **Ian Flemming**. Bond was the authors name.
 - *Goldeneye* is the name **Flemming** gave to his estate before he died.
 - MGM owns the rights to Bond, but Columbia Tristar, and Warner Brothers have gone to court claiming they also have rights to produce Bond movies. So far they have not been successful, but Warner is planning a new series starring **Dalton** again.
 - At 75, Lady Ridsdale, one time assistant to Ian Flemming and inspiration for Miss Moneypenny recently foiled a mugging. She got out of her car and a man ripped off her watch and tried to get her wedding ring. She then kicked him in the groin and escaped unharmed.
 - *The Living Daylights* was actually just the name of a chapter out of the novel *Octopussy*.
 - The novel *For Your Eyes Only* is actually a collection of Bond short stories including the short story *From A View To a Kill*.

The Phenomenon Of James Bond

Ever since the 1950's, James Bond has been a phenom that cannot be stopped. He first appeared as a suave gambler in the novel *Casino Royale*, foiling a plot to divert Baccarat winnings into the evil SMERSH empire. From that point on, spy novels were drastically altered. Never had a series of novels been so widely sought after, as Ian Fleming's Bond novels. He wrote the novels as fast as he possibly could and completed fourteen before his death. Bond seemed to be a mirror of his past that he wanted to keep going forever, and that is where the movies came in.

Although Fleming wanted *Thunderball* to be the first Bond movie released, the company chose *Dr. No* instead. It was a slower story, but it was doctored considerably for the movie. Fleming was on hand to see the first three movies released, and died just before *Goldfinger*. *Goldfinger* was the biggest movie opening of the time. Everyone wanted to see the next Bond movie, and people everywhere were mesmerized by the golden death of Shirley Eaton in the opening scenes.

The movies were being cranked out one after another every year until Connery wanted a break. The demand was so high for another movie that they recast, and had Australian actor George Lazenby step into Connery's shoes. He did a good job with *On Her Majesty's Secret Service*, but when it came time for the

next movie, Connery returned in probably the best of the bunch, *Diamonds are Forever*. But Connery had no intention of staying Bond forever. Instead of staying with the role and reaping its rewards, he gave up stating he would never play Bond again. That's where Roger Moore came in.

Moore had been famous for playing *The Saint* on television and was actually one of the original actors sought after for *Dr. No*. Since his schedule was now cleared up, he jumped right into the role. Moore changed the character considerably. Connery was a suave, sophisticated Bond, while Moore was more of a slower, not so believable character. His movies (7 in all) are actually some of the cheesiest Bond movies in the series. Only three are actually considered good (*The Spy Who Loved Me*, *For Your Eyes Only*, and *The Man With the Golden Gun*). Moore turned the super suave, super spy into a campy, 1970's sleuth that just oozed cheese. Most fans of Connery agree that Moore did more harm than good. That is when Connery returned.

The same year *Octopussy* was released, Connery returned as an older Bond in *Never Say Never Again*. Both movies went over well, but both actors seemed a little old for the job. After that, Moore made the worst Bond movie ever (*A View to a Kill*) he decided he would retire his flabby spyman and let someone else take over. The company wanted Pierce

Brosnan, but NBC refused to let him out of his *Remington Steele* contract. They were forced to cast Timothy Dalton instead.

Dalton made two very good action movies, but as Bond movies they lacked quite a bit. He was very hard edged, and he did not seem like the Bond everyone had loved. MGM waited out his contract and hired Brosnan immediately. Brosnan fit into the role perfectly. He played the part with all the glamour that Connery did and gave it a 90's twist as an all out action star. *GoldenEye* opened to huge numbers at the box office and Brosnan signed on to do at least three more movies.

Now as *Tomorrow Never Dies* is set to open in December, the popularity of Bond has increased dramatically. The novels, new and old are being reprinted, the movies sold like hotcakes when released in special box sets two years ago, and there is even an annual *James Bond Convention*. And why not? The Trekkies get one, so why not Bond fanatics? Bond's popularity has gone through the roof and it does not seem to be letting up. For over forty years now different generations have been able to enjoy James Bond and hopefully more and more generations will be able to enjoy the novels and movies in the future. James Bond is a phenomenon that cannot be stopped by SMERSH, SPECTRE, the movie industry or even a bombshell with a martini in her hand. Bond will live forever!

Who Has The Actual Rights?

This is a complication that has been fought over for the past few years. After the death of Ian Fleming, the rights for the movies and name were given to Albert R. Broccoli. Broccoli produced all the MGM Bond movies until his death. His daughter has now taken over the business. But both *Columbia TriStar* (*Casino Royale*) and *Warner Bros.* (*Never Say Never*) claim to have rights to the character of Bond. Both have gone to court and the outcome of the cases were not very welcome by Bond fans.

Columbia TriStar was only given the rights to remake *Casino Royale*. They claimed that since they had the original novel, they had all the rights. All *Columbia* is allowed to do is to make *Casino Royale* again if they want. They cannot make any other Bond flicks. One cool thing they have in their favor is that *Quintian Tarantino* is interested in directing. He was passed over for *GoldenEye* when the producers felt they needed to get back to the old Bond, and not update him into the 90's as much.

Now *MGM* has a better case. Since they are working with *Timothy Dalton*, they actually have some rights. Dalton was signed on to do five Bond movies. After his first two did so poorly, *MGM* decided to wait out his contract and not do any more movies until they could legally re-cast. That is why no Bond movie was released for five years between *Licence to Kill* and *GoldenEye*. It has been settled that Dalton could star in three more Bond movies with whatever studio he chooses. So he and *Warner* have made a deal to make the movies. His first was going to start production just after Brosnan started *Tomorrow Never Dies*, but production shut down and there has been no word on whether they actually made the movie or not.

In my opinion, Bond should stay where it is. *Columbia TriStar* just seems to want to jump on the bandwagon and cash in on Bond, while Dalton is living in the past. I guess ever since *The Beautician and the Beast* bombed, he has wanted to get back into money making movies. It is too bad Bond fans won't accept him again. Hell, most of us never accepted him in the first place!

GoldenEye - Nintendo 64

Finally, a video game system has come out with a game featuring James Bond. Nintendo 64 came out with the game, 007 *GoldenEye*, a few months ago and it is still disappearing from shelves immediately. Just think *Doom*, but with an actual goal to achieve.

GoldenEye is a great game for those of you who like a game that is in the first person viewpoint (like *Doom*). The only difference is that every level you travel through has a certain objective. At the beginning of each level, you will be briefed on the background of your mission and your objectives by M. You will then be told of what little gadgets you will be using (i.e. laser watch, microcamera, door decoder, bomb defuser) by Q, then you will be sent off with a little flirting and sexual innuendo from Money Penny. All the information that you are given is vital to your mission. If you complete the mission, but all objectives are not met, you will return to the beginning of the mission to try again. Some objectives are hard to figure out. It may take a few tries to get all objectives done before moving

on. The game can be played on three levels in a one player game. You can be an Agent, Secret Agent, or a Double-0 Agent. I recommend completing the game as an Agent first to get the hang of the levels. The higher your rank, the more objectives you will have. On the first level, as an agent all you have to do is bungee jump from the dam, but as a Double-0 you must neutralize all arms, connect covert modem to the satellite system, download arms information to M branch, and bungee jump. It gets pretty hard.

There is also a multi-player mode with 8 options to play. You can play a standard competitive mode, flags with teams or every man for himself, team hunting, or special games that are named after Bond movies. You can be any character in the game, an assortment of weapons (I recommend the Phantom or Spyder), and even

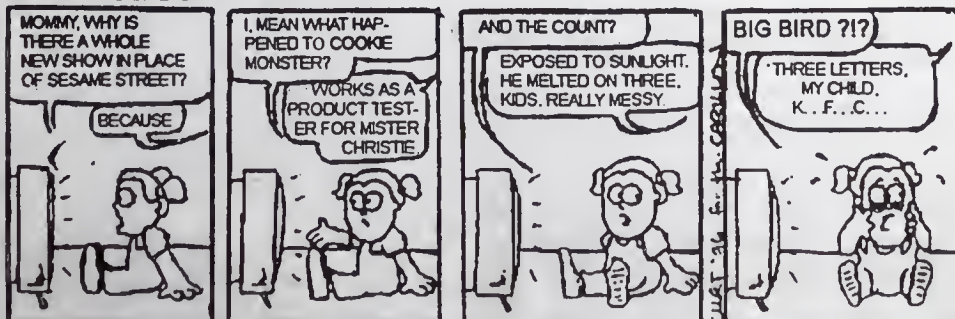
health levels can be altered to make it fair.

This game is a perfect game for a Bond fanatic or anyone wanting to play a great game. For those fanatics out there, when playing as a Double-0, watch out for Jaws, MayDay, Oddjob, and Baron Samedi. They are from old Bond movies and are almost impossible to kill. They are basically placed in the game (very rarely) to screw you over. I have only run into Jaws and MayDay and was killed by both. Specialty villains are a bitch!

If you get this game, it is much easier if you know the movie. Watch it and you will do much better!



Innocence Lost

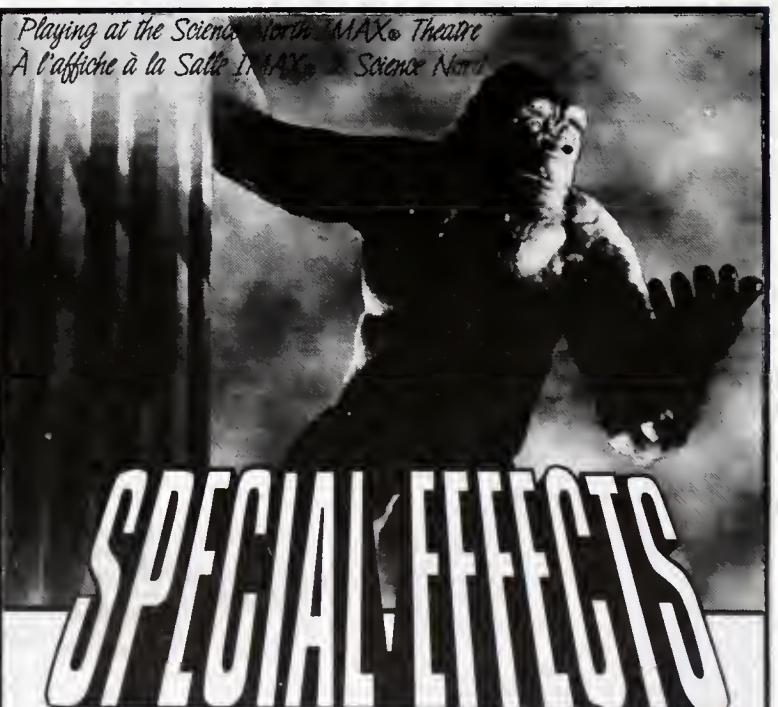


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LEND ME AN EAR

Reviews By Mat Thompson, Entertainment Editor.



Bush - Deconstructed

This is not an album for all Bush fans. I know a lot of you will run out and get this album just for the name, **Bush**. Well, it's not the **Bush** you have come to know and love. This album, *Deconstructed*, is just that, completely deconstructed. The album contains eleven tracks, completely re-tooled into industrial dance music. The songs are not covers by other bands, they are industrial remixes!

From just listening to the first track, *Everything Zen (The Lhasa Fever Mix)*, you will either love or hate this album. A lot of the songs are so far gone that they only resemble **Bush** through the voice of lead singer **Gavin Rossdale**. *Swallowed (Goldie/Toasted Both Sides Please Mix)* does not even sound like the original song. It has become a complete industrial anthem with a little Bush sampling. Other songs on the album that have been re-tooled are *Mouth*, *Synapse*, *Comedown*, *In A Lonely Place*, and another re-mix of *Everything Zen (Tricky Mix)*. The second re-mix of *Everything Zen* is so deconstructed that it is not even recognizable!

The best way to explain this album is to picture Max Headroom entering the 90's and joining up with **Bush**. I think this is a cool album, giving the everyday music industry an industrial kick in the a.s.s. There are industrial covers everywhere; from **Madonna** to **Bush**, from **Duran Duran** to **The Phantom of the Opera**. Industrial music is hitting big right now, and **Bush** is cashing in on it. If you like industrial music, and have a very open mind about how **Bush** is supposed to sound, then check out *Deconstructed*. Just remember, I warned you, this is not your typical album.



An Acoustic Sin - Erase The Sky...

How to explain **An Acoustic Sin**. Well, picture **Ozzy** unplugged with a little gothic and Celtic feel thrown in for good measure. **Sin** has

become the talk of the town; Menirancook, New Brunswick that is. These guys hail from Eastern Canada and have expanded their fame through radio, and the 1997 *East Coast Music Awards*.

The CD contains 10 very acoustic tracks that seem almost acappella at points. Many of the songs are similar in sound and feel. The constant thread between the songs is an overwhelming feeling of **Led Zepelin**. The songs sound like 90's versions of *Stairway To Heaven*. The guitar is strong, the background music (drums and bass) are only noticeable at certain points during song, and the lead singer has a kind of **Metallica/Ozzy** fixation where he actually seems to think that is who he is. Don't get me wrong, it's a good sound, but not very unique.

An Acoustic Sin is a new band with a re-hashed sound. They are bringing back the acoustic rock of the 70's and 80's that the old metal bands left behind. *Erase The Sky...* is not bad, but once you have heard a few songs, everything seems to sound alike. I don't consider this alternative, it's a rebirth for an old sound. **An Acoustic Sin** does well for what they have, but too much of the album may put you into a sleep like trance.



Lisa Loeb - Firecracker

Many people have been waiting for this album to be released for a very long time. Ever since **Lisa Loeb's** last album *Tails* hit so big, everyone has been calling for more. Her song *How* appeared in the movie *Twister*, and she ended up playing her heart out on the *Lilith Fair*, and now, finally, her latest album *Firecracker* is on the shelves.

I admittedly was not a very big fan of **Lisa Loeb** as the song *Stay* was so overplayed that I contemplated murdering my radio. Now with all the promotion that Universal Music has put into this album, I was actually interesting in hearing it.

According to her self-scribed bio, "The best thing to do is just listen to the album and stare at the artwork". I'll be the first to admit that the very conventional painting on the CD cover is very interesting. It is so well done and simple, yet it is very detailed and it raises many emotions through its colour and texture. Well, enough of the art lesson. On to the album!

From what I heard of the old album, **Lisa** has developed her style immensely. She is not as whiny and has a very strong, up-beat pop sound to many songs. Her upbeat songs are extremely likable, and when she gets serious in tracks like *Truthfully* and *How* her true talent shines. **Lisa** has a

very powerful voice and presence that comes through on many of her tracks. She is not just a bubble gum singer. She has extreme emotional power and she uses it to its full potential. A few of the tracks are a little moody and dark, but not to the point that they are bleak and unlistenable. Other great tracks on the album include *Dance With the Angel*, *Split Second*, and the extremely upbeat first track *I Do*.

Firecracker is a great follow up to *Tails* and is vastly superior. **Lisa Loeb** is establishing herself very well in the music scene. She does not cater to the **Alanis** and **Jewel** scenes by being like them; **Lisa** is her own person and sound. She is not a tragic heroine or an underprivileged girl from Alaska. She writes what she knows and you feel like you know more about her through each song. So if you get the chance, check *Firecracker* out. It's a great album.



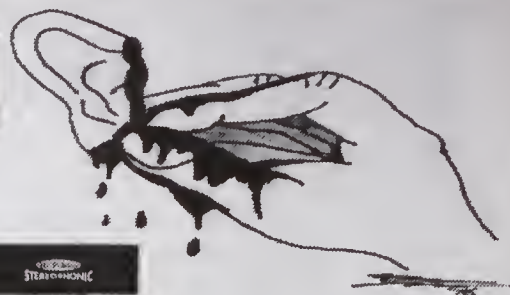
High Street - Noise

High Street is an original alternative/pop band from Toronto. They are a five-piece band with a very interesting sound. Their musical power comes from the piano and not your typical guitar. Almost all the tracks are centered on the piano as the lead instrument giving the album a modern jazz/blues/pop sound. It's kind of that coffee house band sound that is so popular today, but **High Street** has it nailed!

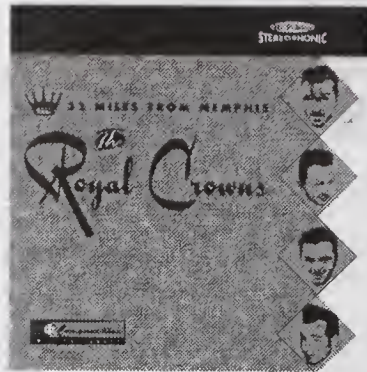
They played **The Townhouse** on Friday, November 14, but were probably overshadowed by the **Headstones** playing **The Pub** on the same night. From the sound of it, they sound like they would be a great band to go and see live.

Their lead vocalist **Louise** has a very distinguished sound that blends into the relaxed sound of the band. The CD is a collection of twelve tracks from the upbeat *Get Used To Each Other* to the slow and smooth *Noise*. Other tracks include the first single *Out of My Circle*, *You Need Me*, and *Coffee Shop*. The final track is an untitled song that begins with a minute long piano solo. Sure, the intro is short, but it's very powerful and gives the album a nice, relaxing, memorable finish.

High Street's Noise is a self produced album that may not be very easy to find, but I think you should look for it. They are touring now and are trying to gain attention to themselves and their debut album and hopefully they will have extreme good luck in getting picked up and exposed nationally. Look for them, you won't be disappointed.



memorabilia. A velvet **Elvis** is not always the best thing to hang in rez!



The Royal Crowns - 32 Miles From Memphis

What in fucking hell is this? It sounds like the **Stray Cats** have gotten back together and have joined that guy that sang the *Monster Mash*. **The Royal Crowns**, from Toronto, have a very strange sound that can only be defined as Rock-A-Billy. I thought **Southern Culture On The Skids** was as strange as you could get, but I was dead wrong.

The Royal Crowns are so alternative it's scary. Sometimes they sound like **Elvis**, then **Travis Tritt**, then the *Monster Mash Guy*, and they almost close in on a good **Tiny Tim** impersonation at some points. What would make a band want to do this to themselves and the listening public? Well (inbreeding was my first answer), it must be a search for a completely different sound that will still appeal to people. Well, they found it. No matter how much this album bugs you at first, you will catch yourself tapping your feet along with the music within seconds.

The tracks range from the 50's style *Key to the Cell of your Heart* to the weird *Goonie Bird* to the completely out there, *Heavenly Body From Outer Space*. If these guys are trying to win an award for the strangest band in 1997, I will give them the prize, hands down.

I don't know if it's a good thing or not, but **The Royal Crowns** are out there and they aren't half bad. As long as you can get by their strange look, sound, style, and everything else, the album may just entertain you. Just make sure you shut it off if you start feeling the need to go out and buy a whole bunch of **Elvis**



Rakim - The 18th Letter

Now, fans of **Rakim** and rap/hip hop music, please don't get offended. I am trying to review this CD with the utmost openness, but it's hard to. Rap is not really my thing, but this album does deserve its time on the review pages. I have no bio or information on **Rakim**, MCA Records just sent me the CD and wanted a review.

The 18th Letter does have some good qualities to it. **Rakim** has a very commanding presence in his songs. Most of the songs contain over-dubbing, scratching and many other qualities of the old school 80's rap with a little hip hop mixed in. There are twelve musical tracks in all, and five spoken word tracks that take away from the CD. To hear **Rakim** speak just gets to me. His pronunciation and grammar is awful, not to mention his constant use of the terms like "Y'know what I'm sayin'" that just show me a complete ignorance of the English language. Now I am no English scholar (but I am an English major) and it bothers me that people actually talk in ways that shows their ignorance. I could go on, but that is not what this review is about. It's about **Rakim's** music.

The tracks on this album are interesting and his music must be semi-popular as he is signed to MCA Records, but I don't see the big deal with his style of music. If you are a fan of rap, then *The 18th Letter* is probably right up your alley, but for me, **Rakim** is just rap, and rap is not my bag.



HEADSTONES

by Mat Thompson
Entertainment Editor

The one band that I have been waiting years to see has finally arrived.. On Friday, November 14th, The Headstones took over the pub, and rocked the shit out of it! I have been to many big concerts

(Aerosmith, Van Halen, and others) but this is the icing on the cake! The SGA has finally put on the perfect concert. I don't know how they got the Headstones to play or tiny little pub, but Christina Hayden weaved her little spell and got them!

With an entrance that is only outdone by Hugh Dillon's alter ego *Joe Dick*, he appeared in the pub and went straight to work. Dillon jumped into the crowd and sang the first song right in the faces of the 200 students in attendance. As the bouncers tried to keep everyone at bay, Dillon worked the crowd into a frenzy. With

the small amount of students in the pub, the concert was very intimate, with Dillon teasing, taunting, and making fun of specific people in the crowd.

Dillon is the ultimate in showmanship. He is not just there to play for the crowd; he plays to the crowd. He shares drink his with the front row, passes out his own beer (Heineken) to fans, and even bums smokes during songs. He makes the crowd feel like they are the most important thing in the building. To Dillon, it seems like he is there to see the crowd, more than the crowd is there to see him. He has an immense amount of energy that never ceases even when he has a cold. He was there to play Laurentian, and he did it!

The Headstones covered many of their own songs, from the newest releases *Smile and Wave* and *Cubically Contained*, back to classics like *Heart of Darkness*.



A great break in the concert came when Dillon started singing his own rendition of The Tragically Hip and then lead that song right into a little Hendrix. Dillon told a story about his home town of Kingston, and just talked to the crowd as if he had known them for years. Never before have I ever seen such a theatrical lead singer that makes any song (even the Hip) an adventure for the audience. The only drawback I found of the night was that they did not play any songs from Hard Core Logo (Dillon's movie from Cinefest last year). But hey, I'm not complaining! This was the best! The rulers of all things Punk came to the university pub and played a small

show for their fans. Who could ask for more?

If you don't know who the Headstones and Hugh Dillon are, then where the hell have you been? They are the greatest Canadian band ever, and Dillon is a God! I reviewed their latest album, *Smile and Wave*, earlier this year and hopefully everyone out there checked it out. If you ever get the chance, check out the Headstones live, it is the greatest show ever! They have played the Pub, Ralph's and Townhouse over the last few years and are bound to return. Rock will never die, and if it does, Hugh Dillon will be the last man standing, rocking as hard as ever!

Spirit of the Drum

by Phillip Hadley
Staff Writer

On Friday, November 14, I was fortunate enough to hear word that a Jazz Concert was to be held in our Fraser Auditorium the following night. On that Saturday night I attended what I thought was to be a strictly jazz music performance. A large poster with the words *Spirit of the Drum*, greeted me and my guest. Strange for a jazz concert we thought. Undaunted, we bought our tickets and waited in line for seating. What followed was three hours of music that I had never heard the likes of before. Percussion instruments were the star of this night, and shine they did.

This is the fourth year that the Percussive Arts Society presented the *Spirit of the Drum* concert. The purpose of this night is to showcase to the public the percussive instruments that are little heard in mainstream music, other than 'the drums'. Instruments I was not aware existed were played, such as a temple bowl, and the not-so-portable marimba.

The concert featured three artists; Dom Famularo, Beverley Johnston and Rodrigo Chavez. The evening began with the solo performance of Beverley Johnston playing the marimba, a very large instrument that seems to be a cross between a xylophone and a cathedral style pipe organ. The marimba is played with four drum sticks with what seems to be a firm but instrument-protecting soft head. Each hand holds two sticks which intersect at a ninety-degree angle. The instrument itself seems soft spoken, not indicative of its size. However, this probably varies as most instruments do - who is playing and the music being played. Most interestingly was the accompanying music, Inuit throat singers. I've never heard of this form of music, apparently used in certain rituals, but it did jive very well with the particular score Ms. Johnston was playing.

The music of Johnston, while good, was slow. It wasn't the kind of music that made you want to get up and dance. Dancing at the opposite pole was Rodrigo Chavez, described as an *Expert Hand Percussionist*. Mr. Chavez, along with many other students played a variety of hand held instruments that most of us played when we were in grade school; bongo drums, shakers and cow bells. However, Chavez and his friends played much better than me and any of my school hood chums. Foot stomping, hand clapping and crowd singing was all part of the ingredients that makeup the Rodrigo Chavez recipe for excitement. Admittedly, I was not one of the foot stomping, hand clapping, crowd singing kind of people. Enjoying the concert I was, but my inhibitions which Chavez, and later, Don Famularo, tried to break, were too strong. So I watched, listened and was much entertained by the filled to capacity lower Fraser Auditorium. Had I started to clap and foot stomp, I surely would have thrown the tempo off track like Bailey racing Michael Johnson. Had I sung, well, it would not have been like a bird singing - unless he was dying. So I saved people their ear-drums and lived vicariously.

Described as a *New York Drum Set Specialist*, Dom Famularo took to the stage along with the Northern Ontario Jazz Ensemble. The Ensemble consists of very good musicians from the Huntington and Cambrian campus, high school stu-

dents and local professionals. The focus of the night was percussion instruments and this was no different. Drums were centre stage and Famularo, landed in the middle of the Fraser stage, already having played in 16 countries this year alone. Famularo is fast like Ben Johnson, loud as Metallica and boisterous like Tony Robbin. Put this together and you get an entertainer that loves to work the crowd into a frenzy. No doubt about it, Famularo is fast and loud. For any person that likes the drums, or plays a set, they would be overwhelmed to a degree more than I. The man can play the drums. Remember now, I came for jazz, and I was not disappointed by the performances of the talented musicians that represented jazz, particularly a few of the saxophonists. The music was rollicking and rolling, as was Famularo and his frequent anecdotes between sets.

I came for jazz, and I was pleasantly surprised by the music supplied. Part of the reason that the Percussive Arts Society puts on this night for the public is to raise awareness of other percussive instruments outside of 'the drums'. They raised my awareness as was my musical spectrum, another goal of the Society. When the *Spirit of the Drum* is presented again next year, plan to attend. Even if you don't consider yourself a drum or percussionist fan, such as I, you will be entertained and your musical horizon and appreciation will expand.

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BOOGIE NIGHTS

by Phillip Hadley
Staff Writer

Dirk Diggler, Amber Waves, Rollergirl and Little Bill. Such are the names of the porno personnel in the true life fiction that is *Boogie Nights*. Starring Mark Wahlberg and a fine cast of actors and actresses who can act and do act very well, this is a film that is full-sticker-price-worthy.

Most surprising, was the fine quality of acting. I would never have thought the star of this film, none other than concrete block pumping Calvin Klein clad stud muffin Marky Mark, would be such a great actor. Indeed, all the performances in *Boogie Nights* were simply grand. Burt Reynolds is better in this movie than any other that I have seen, including *Deliverance*. Even porn star Nina

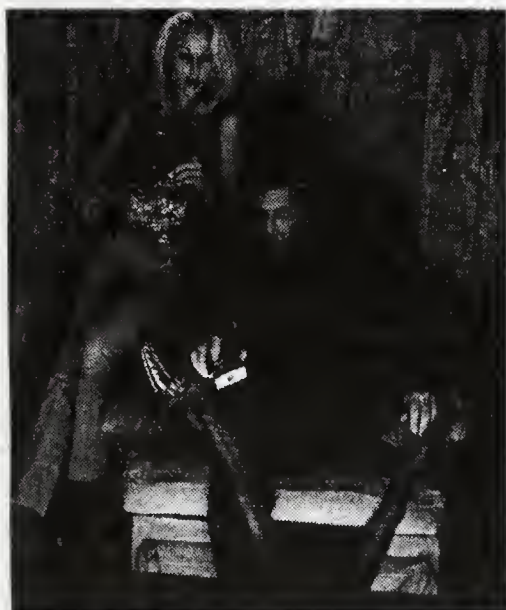
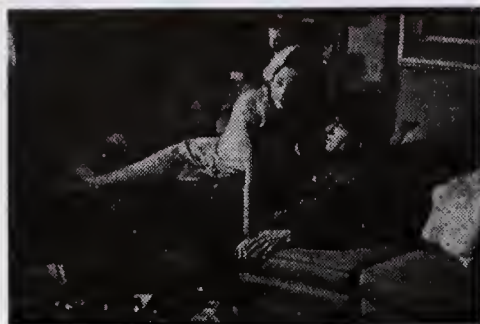
Hartley (don't task me how I knew this) shines in her best acting role yet in front of the camera, speaking role that is. The players in this movie seemed so professional that I wondered whether this was a true story. Admittedly, this was also due to the detailed attention the script (David Class) was obviously shown. However, as it does become apparent well before the end of this production, this could not be a true story. Why? Go see the movie.

The story revolves around Eddie Adams, a.k.a. Dirk Diggler (Mark Wahlberg). A not so bright, but hard working dreamer of a busboy, Eddie is 'discovered' by porno director-artiste Jack Horner (Burt Reynolds). Eddie may not be too bright, but he is bright enough to realize his talent - sex. Sex, and his rather large appendage hanging/standing between his muscled legs. Starting in 1977 and going to the early 80's, *Boogie Nights* follows Dirk from his stardom to his demise in all its glorious and gory detail that the script provides the viewer.

Each character has a different story to tell, and each is telling and told; Sex Darling Dirk, Mother Amber, Rol-

licking Rollergirl and Exhibitionist-for-a-wife, Little Bill. This attention to detail makes the film stand out from the other current movies in the theatres. Any one of several subplots could have been taken out of the movie without serious loss to the atmosphere or conclusion. But leave them in, and the work goes from good to very good. It is this attention to detail which grips the viewer throughout the movie. You feel pity for the plight of Eddie and his cohorts in the beginning of the movie, then go for the ride with them that is Hollywood with all of the ups and downs. You will see them as the underdogs of the movie industry yet laugh at them as well for thinking porn is an art. Indeed, this movie is not short on laughs. How easily people have sex, how they view themselves as actors, actresses, and artistes, and above all, the seriousness and professionalism which they bring to the set are absurdly funny.

Boogie Nights is a surprisingly good film. Whether Cheap Night or full price, this movie is worth your time and money. However, as I do believe it has already left the fine cinemas of Sudbury, you may just have to watch it on video.



Press Release

"TORNADO" warning issued for the Sudbury area...

Viola desperately wants a baby to save her crumbling marriage to Dexter. But Dexter's mistress, a stripper named Velvetene, is already carrying his child. Viola enlists the help of Rose, a clairvoyant single mother who is expecting another child, a baby Viola wants to raise as her own. fate brings the three women together, unleashing a violent storm of events and emotions.

That's the plot of the riveting play "TORNADO", written by Canada's foremost female playwright Judith Thompson and directed by Valerie Senyk.

"TORNADO" is being staged by the Thornloe University Theatre Arts Program, November 20 to 22, at the Alphonse Raymond Auditorium. Opening curtain is 8:00 pm nightly with a 2:00 pm matinee performance Saturday November 22. Tickets are \$10 for adults, \$6 for students, and are available at the door, or by calling 673-1730. (Please note that there will be a dress rehearsal open to the public, on Wednesday November 21 at 8:00 pm The cost for this performance will be \$4)

Warning: This play contains explicit language and content and is intended for a mature audience.

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Leftover Spiral Dips

1. This first recipe can be made with either leftovers or a full box. Make the KD according to directions on the side of the box. When it is done, either let it cool off in the refrigerator or mix it when hot. Add in about 1 1/2 cups of salsa (hot, medium or mild) and add in one of those containers of nacho cheese. This makes the KD extremely cheesy with the zing of the salsa. Top a plate of nachos with the mixture or use as a dip.

2. If you want to make your leftover KD into a chip dip all you have to do is add the different ingredients into the KD mixture. For a dill dip, add a lot of sour cream, some diced dill pickles and some extra pickle juice. For a smoky bacon flavored dip, add some bacon bits (preferable the fresh ones) and a little liquid smoke to the KD mixture. If you are really adventurous, and want something extremely hot, add some Louisiana Hot Sauce, and some diced hot peppers and jalapenos to the KD mixture and watch your guests breathe fire.

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ANNOUNCEMENTS

November 20 to 22: "Tornado" will be staged by the Thornloe University Theatre Arts Program, at the Alphonse Raymond Auditorium. Opening curtain is nightly with a 2 p.m. matinée performance on Saturday, November 22. Tickets are available at the door: \$10 for adults; \$6 for students. Warning: this play is intended for a mature audience, contains explicit language and content. For more information, contact Valerie Senyk at 673-1730.

November 20 to 22: Laurentian University's Department of Modern Languages will host a symposium entitled **"Under the Sign of Caboto: 500 years of Italian Presence on Canada"** in the University's J.N. Demarais Library. This event is part of the world-wide festivities commemorating the arrival of Venetian navigator Giovanni Caboto in Newfoundland, in 1497. Admission to the symposium is free. For more information, call ext. 4349 or 4336.

November 21: The German section of the Department of Modern Languages will show the cultural film **"The Wine Road and the Rhineland Palatinate"** (in German with English subtitles), at 7 p.m. in room C309. Free admission. Everyone is welcome.

November 21: The first meeting of the **Cigar Club**, an organization designed for individuals to learn about money management and investment, will be held at 1:30 p.m., near the fireplace in the Student Centre. The club has two divisions, one that invests \$100,000 in virtual money, and the other, \$500 in real money. This will be an opportunity to gain experience, insight, investment tips, and lots of fun while learning how to play the stock market.

November 22: The Pub DownUnder is hosting the **Brian Clark Memorial Curling Bonspiel**, beginning at 8 a.m., at the Sudbury Curling Club. The registration fee is \$40 per team, and can be paid at the Pub. Transportation will be provided.

November 25: An **INORD Research Seminar** will be held, from 10 to 11:30 a.m., in room L303. Dr. Suzanne Dansereau of the Elliot Lake Tracking and Adjustment Study will present the topic "Human Resources in Mining: Adjustment, Health and Age." Everyone is welcome.

November 26: The Association des étudiantes et étudiants francophones and the Conseil régional des apprenantes et apprenants du Boréal will host **"Un méchant party de Noël"** at Big Thunder at 8 p.m. All students above the age of 17 and members of the University community are welcome. Entertainment will include Pandora Topp and Santa Claus.

November 26: **Legal Aid** will be available to SGA members, free of charge. To book appointments or for more information, call 673-6547.

November 27: A farewell dinner for **Ross Paul and Jane Brindley**, hosted by LU and the Rotary Club of Sudbury Sunrisers, will be held at 6 p.m. in the Great Hall. The Sunrisers will present Dr. Paul with a Paul Harris Award, Rotary International's highest honour. Tickets are \$40 each; tables of 8 are \$320. Tickets will be sent by campus mail upon receipt of payment. For more information, contact Gisèle Pagneau, ext. 3407.

December 1, 2 & 3: Sign-up for the Laurentian University History Society's **3rd annual curling bonspiel** will be held December 1st-3rd from 10am to 3pm outside the Great Hall. The event itself will take place Friday, January 16th, 1998 from 3pm onwards at the Copper Cliff Curling Club. Tickets are \$10.00 for members, \$15.00 for non-members.

December 5: Douglas Los, Chair of the Board of Governors and Dr. Ross Paul, President, invite all members of the University Community to attend the **Christmas Wine and Cheese Social**, in the Great Hall.

December 24: The University will be closed effective 12 noon, and will reopen at the regular hours of work on January 5, 1998.

March 20: The **"Journée du savoir"**, sponsored by l'ACFAS-Sudbury and LU will be held. The deadline for submitting the actual proposal or the poster (title and résumé) is Friday, January 30. For more information, contact Yvan Morin, ext. 1038. To encourage student submissions to the **"Journée du savoir"**, bursaries and participation prizes totalling \$2,000 will be awarded.

ANNONCES

20 à 22 novembre: Les élèves du programme d'art dramatique de l'Université Thornloe présentent, dans l'auditorium du pavillon Alphonse-Raymond, la pièce **<<Tornado>>**. En plus des représentations qui auront lieu chaque soir à 20 h, on offrira un spectacle à 14 h, le samedi. Les billets sont disponibles à la porte au coût de 10 \$ pour adultes et de 6 \$ pour étudiants. Avertissement: contenu et langage pour auditoire adulte.

20 à 22 novembre: **Symposium sur la présence italienne au Canada.** Le département des langues modernes de l'UL sera l'hôte d'un symposium intitulé **<<Under the Sign of Caboto: 500 years of Italian Presence in Canada>>**. Cet événement, qui aura lieu à la bibliothèque J.N. Desmarais, est organisé dans le cadre des festivités mondiales entourant l'arrivée à

Terre-Neuve, en 1497, du navigateur vénitien, Giovanni Caboto. Entrée libre.

21 novembre: La première rencontre du **Cigar Club** aura lieu à 13 h 30, près du foyer dans le Centre étudiant. Organisé pour ceux qui désirent en apprendre davantage au sujet de la gestion financière et des placements, ce club se divise en deux groupes: l'un qui investit 100 000 \$ d'argent fictif et l'autre qui investit réellement 500 \$. Venez acquérir de l'expérience et des connaissances tout en prenant plaisir à investir dans le marché boursier.

22 novembre: Le Pub DownUnder présente le **Bonspiel commémoratif de Brian Clark**, à compter de 20 h, au Sudbury Curling Club. Pour vous inscrire, adressez-vous au Pub DownUnder. Les frais d'inscriptions sont de 40 \$ par équipe (transport inclus). Info: poste 6547.

25 novembre: **L'INORD présentera une conférence**, de 10 h à 11 h 30, dans la salle L303. Suzanne Dansereau, de l'Étude longitudinale d'ajustement à Elliot Lake, discutera du thème **<<Human Resources in Mining: Adjustment, Health and Age>>**. Bienvenue à tous. Info: poste 3212.

26 novembre: L'AEF, en collaboration avec le Conseil régional des apprenantes et apprenants du Boréal (CRAA), invite tous les étudiants et étudiantes de 17 ans et plus, ainsi que toute la communauté universitaire à un **<<méchant party de Noël>>** au Big Thunder. En vedette, En Bref..., Pandora Topp ainsi que le père Noël.

26 novembre: Des **services juridiques gratuits** seront disponibles pour les membres de l'AGE, de 13 h à 16 h 30. Pour prendre un rendez-vous ou de plus amples renseignements, présentez-vous au bureau SCE212, ou communiquez avec la poste 673-6547.

27 novembre: L'UL et le club Rotary des Sudbury Sunrisers vous invitent au **dîner d'adieu donné en l'honneur de Ross Paul et de Jane Brindley**, à 18 h, dans le Grand Salon. Au cours de ce repas, la plus haute distinction du Rotary International, le Prix Paul Harris, sera décerné à M. Paul. Les billets, 40 \$ chacun ou 320 \$ pour une table de huit, vous seront envoyés sur réception du paiement. Info: Gisèle Pageau, poste 3407.

5 décembre: Douglas Los, président du Conseil des gouverneurs et Ross Paul, recteur de l'UL, invitent la communauté universitaire au **vin et fromage de Noël** qui aura lieu à 16 h, au Grand Salon.

20 mars: La **Journée du savoir**, organisée en vue de favoriser la diffusion de la culture scientifique d'expression française et parrainée par l'ACFAS-Sudbury et l'UL. Toutes propositions de communication ou d'affiche (titre et résumé) doivent être soumises avant le 30 janvier. Afin d'encourager les étudiants à participer à la Journée du savoir, des bourses et des prix de participation totalisant 2 000 \$ seront attribuées lors de cette journée. Les dates limites pour les soumissions étudiantes sont celles du 28 novembre et du 30 janvier. Info: Yvan Morin, poste 1038.



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Art Gallery of Sudbury

Exhibitions

Selections From The McCuaig Collection

November 19 - December 18, 1997
Gallery I

A selection of works drawn from the McCuaig Collection, this exhibition constitutes a remarkable sampling of Canadian art. Donated by Jack and Ruth McCuaig, these works constitute one of the most important bequests to the Gallery.

Northern Ontario Art Association (N.O.A.A.)

November 19 - December 18, 1997
Galleries II & III

This year marks the forty-eighth anniversary of the N.O.A.A., with this juried exhibition showcasing the work of its members. Originally formed in 1949, by five local art clubs who met in Temagami, the N.O.A.A. now represents sixteen art clubs and boasts approximately four hundred northern artists as members.

Christmas Sing-A-Long

Sunday, December 14, 2 p.m.

The Christmas Sing-A-Long, led by Chrisie Nemis and the Sudbury Singers, is a festive tradition at the Gallery. This event is perfect for families who wish to revel in the festive spirit of the season.

Please note: The Gallery will close at 8 p.m. Thursday, December 18th and will re-open at 7 p.m. on Thursday, January 15th with the opening reception for the exhibition *Before the Land/Behing the Camera*.

For further information, please contact
the Art Gallery of Sudbury at 675-4871.

Gallery Hours

Tuesday to Sunday 12 - 5 p.m. ; mornings by appointment
Thursdays from 12 - 8 p.m.

CBC Radio Brings Charles Dickens : A Christmas Carol

7:15 pm, December 11th at St. Andrew's United Church

CBC Radio One in Sudbury joins with 19 other communities across Canada to present Charles Dickens: A Christmas Carol.

It's a special evening of seasonal music and dramatic readings from one of the greatest Christmas books ever written.

The tradition started back in the mid-1800's when Charles Dickens toured North America with readings from A Christmas Carol. Through his presentations, he raised money for hospitals and schools.

In 1989, CBC Radio's Judy Maddren (host of World Report) brought back this tradition in Toronto. Since then, this very popular Christmas celebration has spread across the country.

This year, CBC Radio has teamed up with St. Andrews United Church and New Leaf Literacy to bring A Christmas Carol to Sudbury.

Readings will be done by local CBC journalists Martin Chapman, Markus Schwabe, Sherry Drysdale, Theresa Lalonde and Dan Lessard. As well, Tom Allen, host of Fresh Air, CBC Ontario's weekend morning show, will join us as a special guest reader.

Christmas music will be sung by the St. Andrew's Senior and Good News Choirs under the direction of Robert Hall.

Money raised will go to support literacy in the Sudbury area. And people attending A Christmas Carol will be asked to bring along a dry goods

donation for the Neighbourhood Action Food Bank.

This is an excellent way to get you and your family into the Christmas spirit and at the same time help out fellow Sudburians.

Tickets are \$7 for adults and \$3 for children 13 and under. Tickets will be available at CBC Radio, 15 Mackenzie Street, New Leaf Literacy, 124 Cedar Street and at the St. Andrew's Church Office, 111 Larch Street. Tickets will be available starting November 26.

For more information, contact Craig Mackie, Program Manager, CBC Radio.

Phone: 688-3200 Fax: 688-3220 email: noronradio@sudbury.cbc.ca

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Val-Est Mall - Val Caron
Moncion YIG - Hanmer
Place Bonaventure Mall - Chelmsford



Donations can be picked up at your home by calling 525-5100. Proceeds from donations go towards programs for the developmentally challenged in the Region of Sudbury. Thank you for your continued support!

A Note From the L.U.'s Women's Centre

The Laurentian University's Women's Centre will be holding the following events during the month of November: Indoor Car Clinic with a Female Mechanic, Contraception Info/Discussion/Q&A's - sponsored by the Sudbury District Health Unit (bilingual event - women

only), 2 Movie Nights - Margaret's Museum and Henry & June, Victorian Tea Fundraiser, Feminist/Catholic Discussion Group, Holiday Party. For dates and info, contact us at ext. 1089, or drop by L-221!

How do you meet an eclectic group

of interesting and progressive women? Volunteer at the Laurentian University Women's Centre! Where can you go for interesting conversation, free coffee, tea or hot chocolate, or a little Rest and Relaxation between classes? Drop by the LUWC/CFUL! We are officially open Mon. & Wed. Noon to 4pm, Tues & Thurs. 10am-2pm, but our doors are usually open all day Mon.-Fri.! We offer more than just free condoms!

Just a reminder:
There are 34 shopping days left until



Christmas!
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If you have any special events that you would like announced in Lambda send them to SCE 301 before noon on Mondays.

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Lady Vees Win First Two League Games

The lady Vees took to the road this weekend to participate in their first league games of the 1997-98 season. The lady Vees came out victorious over Bishop's Gaiters 61-52. Top scorers for the Lady Vees were veterans Stephanie Harrison with 16, Shelly Dewar with 15 and Karen Vos with 11.

The Laurentian Lady Vees continued their success as they took to the courts at Laval in their second league game of the season. The Lady Vees defeated the Laval Rouge et or 60-56. Leading scorers for the Lady Vees were Shawna Conway with 18 points, Karen Vos with 13 points and Stephanie Harrison with 9.

Next Action for the Lady Vees is this Friday November 21st when they take on the Ryerson Rams at home at 6:00. They continue their home weekend on Sunday November 23rd when they tip off against the University of Toronto.

Voyageurs Split First Weekend of League play

The Voyageurs took to the road this weekend to participate in their first league game of the 1997-98 season. On Friday November 14th, the Voyageurs lost to the Bishop's Gaiters 90-64. The Half time score for the game was slightly in favour of the Gaiters 36-31. Leading scorers for the Voyageurs were veteran Adam Dusome with 13 points, rookie Clifton Edwards with 10 points and veteran Cory Bailey with 9 points.

The Voyageurs came back after that tough loss to defeat the Laval et or 87-68. The half time score for the game was close but in favour of the Voyageurs 36-35. The top scorers for the team were Cory Bailey with 23, Kevin Gordon with 15 and Ted Dongelmans with 11.

Next Action for the Voyageurs is Friday the 21st when they take on the Ryerson Rams at 8:00pm. They continue their home weekend with a game against the University of Toronto at 3:00 p.m. on Sunday the 23rd.

Player Profile Dave Clarke

by Christa Haines
Contributor

On October 25th, he was the first swimmer to qualify for the CIAU's. Dave Clarke is a 2nd year Kinesiology student, and a member of the Aqua Vees. He regularly competes in the 100 and 200m backstroke as well, as the 4x50m freestyle relay.

Dave began swimming with local clubs in Ottawa in 1991. By 1995, he was competing at the Jr. Nationals and in the summer of 97, he participated in his first Sr. Nationals. He hopes to qualify again for the Nationals and make it to the top 16.

When in high school, Dave wanted to participate in the Triathlon, so he began swimming. In one triathlon, he placed 3rd. Last year, he came to Laurentian as a Dean's scholar, and was an Academic All-Canadian for last year.

The draw to Laurentian was the Kinesiology program, a good swim team, and the small school aspect. Now, Dave works hard for his school work and has 8 swim practices a week. But he enjoys being on the team and says it enhances the L.U experience.

Between studying and swimming, Dave doesn't have much free time. He is kept busy as he tries to qualify for the CIAU's. And now that he's qualified, his goal is to do well in March when he gets to Sherbrooke. Best

Conway makes OUA athlete of the week

Laurentian University's department of athletics is proud to announce that Shawna Conway, a second year veteran on the woman's basketball team, was named OUA athlete of the week for the week ending November 16th. Conway is a second year Human Kinetics student studying in the sport and physical education department at Laurentian University. A native of Sault Ste. Marie, this second year guard got her start on the courts of St. Mary's College. This year Conway has already made her mark, in the first weekend of league play for the Lady Vees. During their game against the Laval Rouge et or, Conway was brought into the game after the half. She scored 18 points and brought the team back from a 7 point deficit to claim the victory over the Rouge et or with a final score of 60-56. With this outstanding performance, Conway was the top scorer for the Lady Vees and awarded with the Laurentian and OUA athlete of the week.

Hockey Vees Earn First Win of the Season

Within the serene confines of the countryside Arena, the Laurentian Voyageurs defeated the Queen's Golden Gaels 5-3 in their first home game of the season. The win was also the Vees first of the year. Laurentian goal scorers were Brian Ladyk, Pat Armatage, Luc Gagne, Chris Tomljanovich and Keith Welsh.

The Voyageurs dominated Queens all night long. The line of Joey Brogno, Brian Ladyk and Chris Tomljanovich controlled the forecheck and dictated the tempo of the game.

"Ladyk, Tomljanovich and Brogno were great all night," said coach Stu Duncan. "They were strong on the forecheck and controlled the play." Centre Brian Ladyk took player of the game honours for the Voyageurs.

Duncan, although thankful for the win was still disappointed in his players, saying "we're not getting the focus of every player for 60 minutes, you've got guys like Ladyk, Tomljanovich and Brogno that are focused all the time."

Ladyk, who is playing with torn ligaments in his left shoulder continued to see action despite the injury. Ladyk showed the grit that made him the player of the game when commenting on his shoulder, "It's a bit tender at times, but I can live with it."

Queens coach Chris MacDonald was not disappointed with his team performance and noted that the team is rebuilding.

"I think we put forth a great effort tonight and we battled back late to make it a close game," noted MacDonald. "Don't forget that our club is

Voyaging Home

-The Men's basketball team will be hosting the Ryerson Rams on Friday November 21st at 8:00pm, then the U of T Blues on Sunday at 3:00 pm

-The Woman's Basketball team will be hosting the Ryerson Rams On Friday November 21st at 6:00 pm, then the U of T Blues on Sunday at 1:00pm

COME OUT AND SUPPORT VOYAGEUR ATHLETICS!!!

Away

-The hockey Vees will be on the road to take on Laurier on Saturday the 15th and then the Rams of Ryerson on the Sunday.

-The Aqua Vees will be at the

Volleyball Vees drop two to UofT

by Christa Haines
Contributor

On Friday evening, the Volleyball Vees were on the court against the Toronto Varsity Blues. Although the Vees were able to take an early lead in game 1, it was short lived. Toronto won Friday's match 15-6, 15-11 and 15-5. On Saturday, the Vees played the Blues again. The outcome remained the same with Toronto winning 15-5, 15-12 and 15-2. But the scores don't tell the whole story.

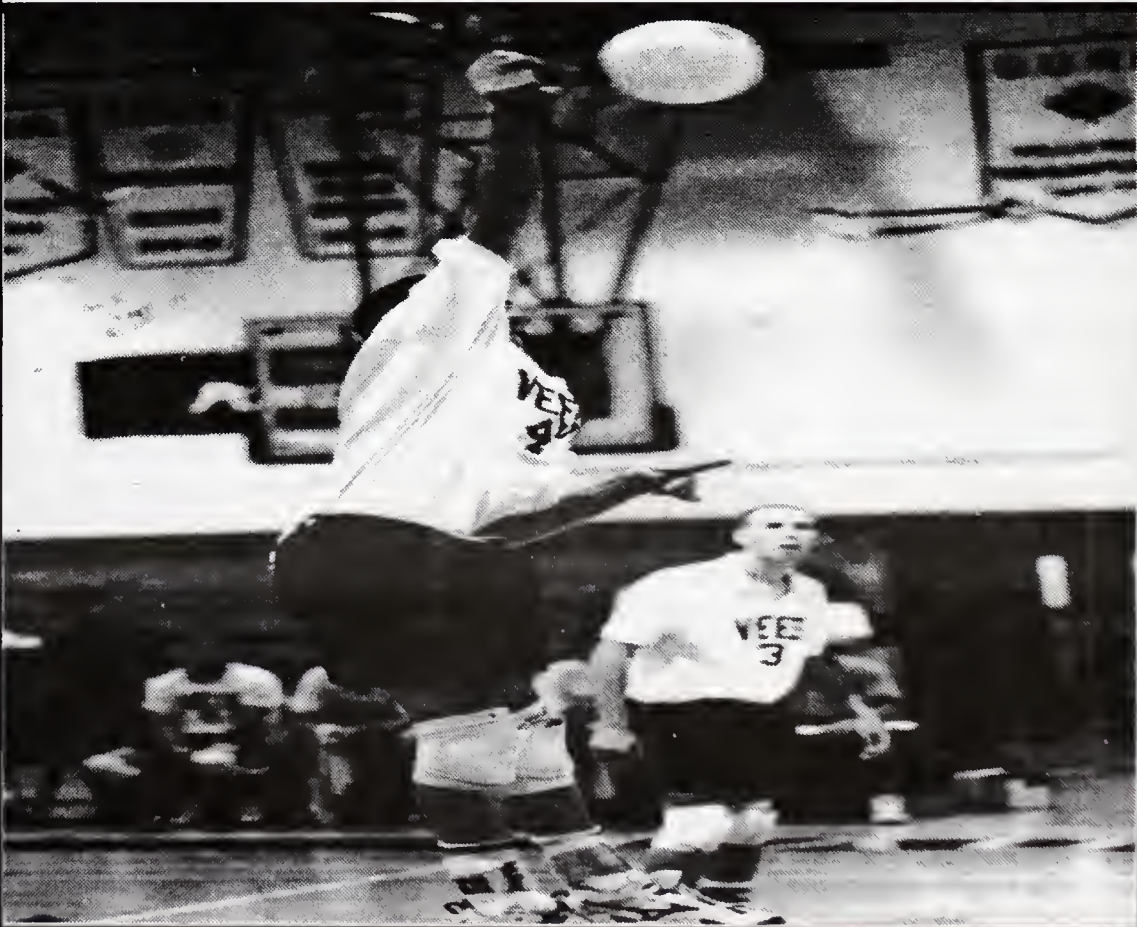
The Vees did not allow Toronto to win points easily. In the 2nd game of both matches, the Vees were able to maintain a level of play equal to U of T. According to coach

Kit Lefroy, the talent is there, but is inexperienced. On Friday, 4 rookies started the game along with Jonathon Hogg and Alain Arseneau. When the team was communicating, they met the level of play of Toronto. Too often, however, the communication broke down and the Vees lost.

The season has barely begun. It was obvious during the games that the Vees have potential, Adam Marlot played strong defense and on Friday, Gordon Nicoll had his first setting game. Benoit Fournier, another rookie, was named player of the game for Friday. And Serge Lesperance

was a named mentioned often when the Vees scored a kill. During both matches, veterans Alain Arseneau and Jonathon Hogg played well. Coach Lefroy may not have been happy with Friday's outcome, but he was pleased with the performance. Saturday afternoon Jeff Van Dyke was setting and earned Player of the Game.

Although two losses will be recorded often the weekend, the Vees gained experience and will perform better in upcoming matches.



**Alain Arseneau
in midflight**

Feel The Payne!!

Well one more week has gone by and boy, there is nothing to talk about. Well nothing that I can really "carve" to any extent. Ow wait, I just remembered that the men's basketball team got destroyed by Bishop's and the volleyball team lost in fine fashion to the U of T Blues. But I can't lash out at out varsity teams, it just doesn't feel right. Wait, I know.

I went to the Vees hockey game the other day and as I was watching I couldn't help but notice that Neil Beland was coaching the Vees, he's a former NHLer and owner of Gilmour's restaurant. Now I assume that if Beland is coaching he's being paid, because I know I wouldn't do it for free. Considering he has a business to run and probably wouldn't sacrifice his time for nothing I'm assuming that Beland is probably running the show.

Last year coach Dave Hersky ran the show, he apparently made all the decisions as far as personnel was concerned and was the final authority to the players. But according to the athletic info line, Stu Duncan was, and has been the head coach of the hockey Vees for quite some time now.

So even though Belland runs things this year and Hersky did last year, Duncan is the head coach and Belland is the assistant. To any one sitting up in the stands it seemed quite clear who was running the show and it wasn't Duncan.

Maybe its just me but it seems like there is some kind of grand conspiracy between the players and administration to keep Stu Duncan the head coach of the hockey team no matter what happens. Maybe if the players didn't have to pretend Duncan was the coach they might actually win more games, ow that could be paynefull!

Change of topic, the other day I was reading that "Campus" magazine, and in it was an article called, "Xena-Mania." The article is essentially about the increasing numbers of female athletes in the CIAU participating in contact sports. Well I say good for them, if they want to knock their teeth out and break their bones fine.

What annoyed me was a comment by Marlene Donaldson, a U of T female rugby player who said: "We're as strong as the guys who play sports, if not stronger than some." Please, how self-diluted is this girl to think that she is just as strong or maybe stronger than the guys on the U of T football team, because that is what she's saying. She is insinuating that on average woman are as strong as men and that in some cases they are stronger. Well I'm sorry but that kind of blatant reverse-sexism flies in the face of all reality. No matter what advances are made in the field of gender equality, as long as men have testosterone we will be on the average stronger than woman. It is a fact, it seems Mrs. Donaldson can't deal with that fact and chooses to delude herself into thinking that she is physically superior to the average male athlete, maybe those skinny guys on the cross-country team but not anyone else. She is essentially saying that at her school, the University of Toronto, she and her fellow rugby mates are as strong, if not stronger than the guys on the basketball, football and rugby teams. Whatever, I think she's been watching too much Xena-Warrior Princess for her own good.

I'm sure the boys on the U of T football team would beg to differ with Mrs. Donaldson.

Do antioxidants decrease oxidative muscle damage secondary to exercise, does it decrease post-workout soreness and discomfort, and help prevent injuries? There are a few papers as well as a symposium covering this topic. The two papers were both on the effects of Vitamin E on oxidative damage. One of the studies found that in spite of significant increase in Vitamin E levels in the blood with Vitamin E supplementation, vitamin dosing is not beneficial in preventing oxidative muscle damage in military recruits undergoing 50 and 80 km marches. The other paper found that although short-term Vitamin E supplementation (at level large enough to produce 50% and 300% increases in plasma Vitamin E level, respectively) provides few apparent benefits during exercise, it may have health related implications by effecting LDL sensitivity to oxidation.



free radicals play an important role as mediators of skeletal muscle damage and inflammation after strenuous exercise and that dietary antioxidants have favorable effects on lipid peroxidation after exercise. The author concludes antioxidant vitamins and antioxidant enzymes play a protective role in exercise-induced muscle damage. The human studies reviewed indicate that antioxidants vitamin

supplementation can be recommended to individuals performing regular, heavy exercise.

So, although future studies are needed to give more specific information and recommendations, it's safe to bet that the use of antioxidant supplements will help decrease oxidative damage to muscle tissue. As, well they may have some beneficial affects on muscle soreness and injuries.

Concerning the Weight Room: I got another letter

I got another letter and I want more. So come on people write me and if you want write the Active Living Department, because the more letters I put in this paper, the more credible I am as a voice of the students. Read this one and see if you agree...

Jason:

This is my fourth year at Laurentian and I can honestly count the number of times (on toes and fingers) that I have used the gym at the Phed. Centre.

Living in SSR I at least have access to the exercise room, which provides me with 3 bikes, 2 rowers, a crappy stepper and some broken weights.

Last year I bought a membership off campus at a gym because during the cold winter of Sudbury it is not as easy to get out and exercise.

This gym provided me with a wider variety of cardio machines, which is the general preference for woman.

Therefore I paid for a membership to 3 gyms and only one (off

campus) was adequate.

Surely the school has enough money and considering every student pays for this service (even girls) I think we should be represented.

Thanks, In Need of Cardio.

I would like to thank "In Need of Cardio" for taking the time to voice her opinion. Hopefully, all the woman of L.U can sympathize with her. If you do write me and let your voice be heard.

Weight Room Follies: Time of Reckoning

by Jason Stevenson
Sports Editor

Abraham Lincoln once said, you can't escape the responsibility of tomorrow by evading it today and that is exactly what the Active Living Department has been doing. They have avoided dealing with the weight room, dealing with its poor quality and upkeep. They evaded that responsibility, that is until now. I was recently informed that new dumbbells (from 5-110lbs), and two new benches are being purchased. This is surely a result of student discontent with the status quo.

The new equipment will be well used and appreciated, it is sorely needed to ensure the safety of our weight-room. As well appreciated as the new equipment is, we as students must not let it pacify us, there is still the issue of the much needed cardio-equipment.

In order for our weight room to be effective, it must appeal to all students who desire to use it. Therefore it is essential that cardio-equipment be purchased so that the weight room can be more appealing to the female population. Men will use the equipment as well, but from the responses I have received

there is a great number of woman on campus who desire cardio-equipment in the weight room. Seeing that cardio equipment is quite expensive, and the long-term replacements costs so high, we as students need to forge ideas that will bring about the change we want.

One such idea was proposed to me by the SGA president Mike Grube. Grube proposed that if we were to add five dollars to the activity fee, that amount would be designated to the weight room. Then we could ensure the quality of the weight room for years to come. The increase would allow for money to go specifically to the weight room, new equipment when needed, new cardio-machines. In general an eventual modernization of our weight room.

Of course this type of action would have to be decided upon through a student referendum. But what is five dollars really, it's the grand scheme of things that small amount per person would do so much. According to Grube the Active Living Department would purchase the cardio-equipment immediately if the increase were to pass a student referendum. In my opinion this is a ideal

proposition that should be taken advantage of. I am aware that there are people out there who do not use the weight, and therefore would be against such an increase, as negligible as it might be. However, those people must stop and remember; that the weight room may not be the service they utilize, but what if some service or facility they used was in need of altering, would they want the student body to support them, of course! So I don't think it would be too much to ask; that the student body show some solidarity against at common foe, the system.

I realize in a time of increasing anxiety over tuition hikes it is a little self serving to ask for you five dollars to keep a weight room safe. It is in these times however, that students need outlets to reduce stress. The weight room is one of those outlets. Furthermore as exercise and fitness become more and more part of our mainstream society the amount of people using the weight room will increase. So let's make sure that they don't have the same complaints we have now. If the question comes up please keep an open mind!

Look Out

It's now November, which means it's time for the annual Voyageur Senior Boys High School Basketball Tournament. With teams coming from Brampton, Mississauga, Sault Ste. Marie, Sudbury and Timmins, the draw promises to be a of great quality and competitiveness. The tournament will be held in the Laurentian University Gymnasium on the weekend of Friday November 21 starting at 11 am and Saturday November 22 at 8:30 am. On Saturday evening the Consolation Championship will be held at 5:30 and the Championship game will be at 7:00. Admission is a dollar for a day pass. Come out and see some exciting basketball, and possible the next great Voyageur.

Soccer! Soccer! Soccer!

If you thought soccer was finished for the season, think again! The 1998 indoor Co-Ed Intramural Soccer season is getting started. Sign up between November 25th-27th 1997 with a cost of \$20 per team. There is a limit of 16 teams that are registered on a first come first serve basis. The season runs from January 6th to February 5th 1998 with 2 divisions: Pool A (Mon, Wed) and Pool B (Tues, Thurs). Any women that are playing intramural hockey and would like to participate, please sign up for Pool B. Remember, a minimum of 2 females must be on the floor at all times. Get your teams ready and come join all the fun and get some exercise at the same time!

Lemieux Enters Hall of Fame

TORONTO — Mario Lemieux earned his rightful place in hockey history Monday night when he was enshrined in the Hall of Fame during ceremonies in Toronto.

Lemieux, who overcame Hodgkin's disease and a debilitating back injury to maintain his status as one of the greatest players in NHL history, became the ninth player inducted into the Hall of Fame without having to wait the mandatory three years after retirement.

"This is a great honor to be inducted into the Hockey Hall of Fame, joining some of the great players who have played the game for so many years and make the game what it is today," he said. "I'd like to thank the Hockey Hall of Fame committee for electing me ... and especially for waiving the three-year waiting period."

LEMIEUX RETIRED IN MAY as the sixth-leading scorer in league history. After personally rescuing hockey in Pittsburgh, he led the Class of 1997 into the Hockey Hall of Fame.

Joining Lemieux at the induction ceremonies were Glen Sather, the architect of the Edmonton Oilers' dynasty; Bryan Trottier, who led the New York Islanders' dynasty of the 1980s before teaming with Lemieux to win two more Stanley Cups with the Penguins; longtime Philadelphia Flyers broadcaster Gene Hart; and Hockey News founder Ken McKenzie.

Lemieux was the top overall pick by the Penguins in the 1984 draft after a record-breaking junior career in Quebec. He scored a goal on his first shot in his first shift in the NHL and went on to become just the third player to amass 100 points as a rookie.

In 13 seasons with Pittsburgh — many of them impeded by injury — Lemieux had 613 goals and 881 assists, resurrecting a floundering franchise and leading the Penguins to consecutive Stanley Cups in 1991 and 1992.

"I had the opportunity over the years to play with some great players in Pittsburgh and some great teams in the early '90s, giving me the opportunity to fulfill my dreams of finally bringing a Stanley Cup to the city of Pittsburgh," he said. "I'd like to thank the fans across the NHL for everything that they have done for my career since I started back in 1984, and especially the great fans of Pittsburgh, who supported the franchise for so many years through some very difficult times."

AMONG HIS MANY HONORS, Lemieux was a three-time winner of the Hart Trophy as the league's Most Valuable Player and a six-time winner of the Art Ross Trophy as the top scorer. He also holds seven club records, including goals, assists and points. In 1988-89, he enjoyed the second most prolific season in NHL history when he collected 85 goals and 114 assists.

And while the Stanley Cups finally confirmed his greatness, Lemieux began to emerge from Wayne Gretzky's shadow with a spectacular Canada Cup in 1987 that he capped with the emotional winning goal in the waning moments of the decisive game.

Lemieux missed 21 games during the 1989-90 campaign with a herniated disc in his back and the first 50 games the following season after undergoing back surgery. Despite missing 20 games in 1992-93 while undergoing treatment for Hodgkin's disease, Lemieux won the scoring title with 69 goals and 91 assists.

Hours after his final chemotherapy on March 2, 1993, Lemieux chartered a flight to Philadelphia and had a goal and an assist in a 5-4 loss to the Flyers.

Recurring back problems forced him to sit out the entire 1994-95 season but he returned as forceful as ever in 1995-96. Sitting out se-

lected games to rest his back, he still collected 69 goals and 92 assists and led the NHL in scoring for the fifth time.

AFTER AN OFF-SEASON of contemplation, he decided to return for the 1996-97 season and again led the league in scoring. He scored an emotional goal in his final home game before bowing out in an Eastern Conference quarterfinal loss at Philadelphia.

Prior to Monday's ceremony, Lemieux ended any hope he might lace on the skates for Canada at the Winter Olympics in Japan in February.

"I will not play in the Olympics," Lemieux said. "It would be very difficult for me to attempt to come back and get back in world-class shape, and I don't think it would be fair to the rest of the players who are trying to play the whole year to get a spot at the Olympics."

"I'm retired and I'm going to stay retired."

Lemieux also said he has no regrets about his decision last spring to walk away from hockey.

"I DON'T MISS THE GAME at all," said Lemieux, one of the few players to be inducted into the Hall of Fame without the usual three-year waiting period. "I've watched a few games (on TV) and just the way the game is being played right now is not much fun for the players and not much fun for me to watch."

He misses the camaraderie, but not the hooking and holding.

"I'm enjoying my life quite a bit right now with my (four) kids, playing a lot of golf in Florida. There's not much pressure. It's been great. I've been relaxing and traveling. I don't see myself coming back any time soon. I think I'm retired for good."

Among others who have had their mandatory waiting periods

waived were Gordie Howe, Terry Sawchuk and Bobby Orr.

Sather has been one of the league's most successful executives for almost two decades and was general manager or coach as the Oilers won five Stanley Cups between 1984-90.

IN 1978-79, SATHER LAID the groundwork for Edmonton's early success by purchasing the contract of a 17-year-old center named Wayne Gretzky from the Indianapolis Racers of the World Hockey Association. Following the Oilers' inaugural NHL season, Sather was named general manager. In 1980, he drafted Paul Coffey, Jari Kurri and Andy Moog.

"If you didn't have those players, I don't think we'd be talking about making it to the Hall of Fame," Sather said. "Everyone on your team or associated with your team must realize that your individual successes are a part of a contribution of the whole team effort, with winning as a result."

After capturing the Stanley Cup following the 1983-84 season, the Oilers went on to win four championships in the next six years. Even after dealing Gretzky to Los Angeles prior to the 1988-89 season, Sather's Oilers won their fifth Cup in 1990 and reached the conference finals in 1991 and 1992.

Trottier was considered one of the NHL's best two-way centers during his 18-year career. A second-round pick of the New York Islanders in 1974, he scored 95 points to win the Calder Trophy as top rookie in 1976.

In 1979-80, Trottier won the Conn Smythe Trophy as the most valuable player in the playoffs as New York won the first of four consecutive Stanley Cups. He centered a line with Mike Bossy and, often, Clark Gillies that was one of the most formidable of its era.

"I'VE BEEN FORTUNATE,"

Trottier said. "Four Stanley Cups in New York and two in Pittsburgh. They were exciting times, but this feels good. It's excellent. Special thanks to Mike Bossy. He, more than any other player, contributed to all of my success."

"This is the highest honor that any hockey player can receive and I'm really proud."

In 1,279 regular-season games, Trottier had 524 goals and 901 assists. He also was a member of both Penguins' Cup winners and currently coaches the Portland Pirates of the American Hockey League.

Hart, who like most broadcasters of his era credits Foster Hewitt as an influence, began his professional broadcasting career during the Flyers' expansion season of 1967-68.

Over the years, Hart called the Flyers' Stanley Cup wins in 1974 and 1975, their 35-game unbeaten streak in 1979-80 and Stanley Cup finals appearances in 1980, 1985 and 1987. He moved from the radio booth to television in 1992 and remained there until 1995, when he was named the team's broadcast advisor.

"AFTER 30 YEARS, WHEN your peers, the colleagues with which you worked all of those seasons, say you've done a great job — which is what this is — I'm in seventh heaven," Hart said.

Fifty years ago, McKenzie started The Hockey News, a publication that revolutionized hockey journalism. He singlehandedly published it for more than three decades. Besides publishing, McKenzie also was the NHL's first publicity director from 1946-63 and assembled and edited the first NHL Press and Radio Guide.

"I am living my dream," he said. "I have waited, I have dreamed, this is it."

After producing a television series about the Original Six NHL teams, McKenzie now publishes Ontario Golf News.

Somon Suspended for Racial Slur

MIAMI — Chris Simon, an American Indian with the Washington Capitals, was suspended indefinitely by the NHL on Sunday amid accusations he shouted a racial slur at a black player on the Edmonton Oilers.

Simon made the remark to Mike Grier at the end of the Capitals-Oilers game Saturday night in Landover, Md., some players and two on-ice officials said. Simon, who honors his Ojibwa Tribe heritage with long hair and a tattoo, traveled with the Capitals to Florida for Sunday night's game. He had no comment on the issue, and the league did not disclose what Simon said.

The NHL on Monday will set a date for a hearing to determine the length of the suspension. THE LEAGUE SUSPENDED SIMON after talking to him and the officials by telephone. The Capitals-Oilers game ended with players shouting at each other. The officials broke them up before any punches were thrown. A gross misconduct penalty was called on Simon at 20:00 of the third period.

"I definitely heard a racial slur from Mr. Simon," Oilers coach Ron Low said. "I thought with his race and proud background that he wouldn't do that."

Bryan Lewis, NHL vice president of officiating, confirmed Low's account. "Yes, there were racial remarks made on the ice," he said. Grier had no comment after the game.

"IT'S RIDICULOUS. MIKE is a class guy and I'm embarrassed for him," Oilers center Doug Weight said.

"You just don't fire words like that around. You're showing no class," team captain Kelly Buchberger said.

Simon, a left wing, has two goals and two assists this year. He recently came back from a bruised shoulder that sidelined him.

The five-year NHL veteran scored nine goals and had 13 assists last year, his first with Washington after coming over in a trade from Colorado. He had a career-high 16 goals in 1995-96 as the Avalanche won the Stanley Cup.

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The Colts beat the Packers

Grey Cup

EDMONTON, Alberta — The CFL's showcase event became a colossal mismatch when the faster and stronger Toronto Argonauts rode roughshod over the Saskatchewan Roughriders 47-23 Sunday in the Grey Cup.

"We played just a solid all-round game," said Toronto quarterback Doug Flutie, named the game's MVP. "We moved the ball up and down the field and the defense played extremely well."

The 85th championship game was the most one-sided romp since Winnipeg humbled Edmonton 50-11 seven years earlier in Vancouver.

TORONTO BECAME THE FIRST TEAM TO REPEAT as champions since the 1982 Edmonton Eskimos as Flutie threw three touchdown passes and scored another himself.

Toronto wide receiver Paul Masotti was named the game's top Canadian.

The Argos earned their 14th Grey Cup title using a shotgun offense that gave Flutie, the league's most outstanding player, time and space to spread defenders.

Toronto led 20-9 at halftime and broke the game open with 21 unanswered points in the third quarter, including a Cup record 95-yard kickoff return by Adrian Smith to begin the second half.

THE ANNOUNCED CROWD OF 60,431 was the third largest in Cup history as fans braved freezing temperatures and a chilling wind to watch Flutie confuse the Roughrider defense with a variety of sidearm and shovel passes.

Flutie threw touchdown passes of 14 yards to Derrell Mitchell, 6 yards to Robert Drummond and 5 yards to Mike Clemons. Flutie scrambled 10 yards for his touchdown.

Mike Vanderjagt added four field goals for the Argos, who last year beat Edmonton 43-37 in the Grey Cup at Hamilton.

INDIANAPOLIS — The Indianapolis Colts finally found a team they could beat, and it turned out to be the defending Super Bowl champions.

Blanchard kicked a 20-yard field goal as time expired as the Colts beat the Green Bay Packers 41-38 on Sunday. It was the Colts' first victory this season but the third game-winning field goal by Blanchard against the defending Super Bowl champion in three years.

"At the end, I was kind of thinking on the sideline, 'Get me a little closer, a little closer, run the time down,'" Blanchard said.

WITH THE COLTS lined up at the Packers' 3-yard line, the game-winner was nothing more than an extra-point kick, a gimme.

"I'm not going to miss an extra point. I've never missed an extra point," Blanchard said.

The Colts (1-10) moved 72 yards in the final 5:19 after Green Bay (8-3) tied the game 38-38 on Brett Favre's second touchdown pass to Antonio Freeman.

Paul Justin, who passed for a career-high 340 yards, completed four straight passes on the winning drive. His 27- and 28-yarders to Ken Dilger took the Colts to the Packers 1 with just under two minutes to go. Instead of trying for a touchdown, Justin dropped to his knee on three straight plays, forcing Green Bay to use its last time out and running the clock down to three seconds.

BLANCHARD, WHOSE FIELD GOALS beat San Francisco two years ago and Dallas last year, then kicked the game-winner as time ran out. The Colts stormed onto the field in celebration.

"We decided to kneel on the ball. The way our luck has been going this year, we could have fumbled the ball. You just never know what is going to happen," said Justin, starting in place of injured Jim Harbaugh

for the third time this season.

Only three other teams, the Oilers, the Rams and the Chargers, have beaten a defending Super Bowl champion three years in a row.

"We showed today we're not an 0-10 football team," Blanchard said.

"This is a big load off the players, the fans, everybody. Everybody in that locker room believed we could win."

FAVRE PASSED FOR 363 YARDS and three touchdowns, but he had three big turnovers that led to 17 points by the Colts.

"It's tough to lose any game," Favre said. "I tip my hat off to the Colts. I knew there was no team in this league that could go without a win. Unfortunately, it was against us."

"This is no excuse for losing. We felt we should have won. We put up a lot of points ... we just didn't get the job done."

Indianapolis trailed 28-27 at the half, but an interception by Quentin Coryatt set up a 35-yard field goal by Blanchard. That put the Colts back on top 30-28 late in the third quarter.

Green Bay's Ryan Longwell countered with an 18-yard field goal, then both teams exchanged touchdowns in the final seven minutes. A 2-point conversion pass from Justin to Marvin Harrison after Lamont Warren's 3-yard TD run made it 38-31.

"I'D BE LYING IF I SAID this wasn't special," said Colts coach Lindy Infante, who was fired by the Packers in 1992. "I'm human like everyone else. We beat a good football team today, and we did it with a bunch of guys who wouldn't quit."

The first half was a series of big plays. Dorsey Levens scored three touchdowns, including a career-long 52-yard TD run and one on a 1-yard run after a 74-yard pass to Derrick Mayes.

Each team punted only once during the game, and the Colts scored twice in the second period on turnovers by the Packers.

Favre was sacked by Monty Montgomery and fumbled on the first play of the second quarter. Al Fontenot recovered at the 33 and returned for a touchdown to give the Colts a 17-14 lead.

Favre later was intercepted by Robert Blackmon, who lateraled to Jason Belser as Blackmon was being tackled. Belser returned it 50 yards for the touchdown, putting Indianapolis ahead 24-14.

GREEN BAY GOT THOSE TOUCHDOWNS back in the final four minutes before halftime.

Levens' third touchdown cut the lead to 24-21, then Justin was sacked and fumbled on the next series at the Indianapolis 31. Favre hit Freeman for 16 yards and the touchdown.

A 41-yard field goal by Blanchard as the half ended pulled the Colts to 28-27. Blanchard also had a 42-yard field goal in the first quarter.

Justin also passed 17 yards for a touchdown to Harrison late in the first quarter after a season-long 45-yard run by Marshall Faulk. Faulk, who had 110 yards a week earlier against Cincinnati, finished with 116 yards on 17 carries, his first consecutive 100-yard games since the first two games of his rookie season.

"It was a tough game for coaches," Packers coach Mike Holmgren said. "There were some big plays and some turnovers that were huge. They played an inspired game on offense. They made plays. They had one of those days."

"I told the team during the week that they had had some hard luck, but they put together an offensive game plan today that certainly was a good one."

Thomas may be leaving Raptors

TORONTO — Isiah Thomas might be in his last days as general manager-part owner of the Toronto Raptors.

The Toronto Star reported today that Thomas could leave as early as this week for a job with NBC television.

Four sources who weren't identified told the Star that Thomas is weighing a lucrative offer from the network that includes on-air basketball analysis and his own show on CNBC, the network's cable station.

The offer carries a \$2 million annual salary, according to one source.

"ESSENTIALLY, EVERYONE in his life has told him he should leave," a source close to the team told the Star. "I think there's a good chance he will. Everyone in his family and his advisers have told him to leave, especially for economic reasons."

Said a business source: "It's 99 per cent done. It should be done by the end of the week."

David Stern, the NBA commissioner, and Russ Granik, Stern's second-in-command, are aware of the offer, the source said.

Generally considered one of the NBA's most innovative general managers, the 36-year-old Thomas has the highest profile of anyone in the Raptors' organization. Losing him would be seen as a blow to the young team's credibility, not only in Toronto but throughout the NBA.

THE FORMER DETROIT PISTONS great was rebuffed in an attempt to obtain majority control of the team in August, and speculation began almost immediately on how long he would stay.

An NBC spokesperson said Monday night he had no knowledge that Thomas would be joining the network. An NBA spokesperson said neither Stern nor Granik has spoken to Thomas in more than a week.

Thomas, who earns \$900,000 in Canadian dollars on his general manager's contract and also owns 9 per cent of the team, was said to be in Miami and unavailable for comment. He is known for his brinksmanship

bargaining, although it's unclear whether he's attempting to pressure majority owner Allan Slaight by talking to NBC.

In at least three instances, Thomas has been unable to trade for players or sign free agents because Slaight nixed the deals.

The Raptors had a deal worked out with Philadelphia to obtain swingman Jerry Stackhouse and forward Clarence Weatherspoon, but Slaight said no, sources said.

They were also in the running to get center Shawn Kemp in the offseason before Thomas was told to discontinue negotiations with the Seattle SuperSonics. The Sonics eventually traded Kemp to the Cleveland Cavaliers.

"IT'S GETTING RIDICULOUS," ANOTHER source said. "Those people think they know as much about the game as Isiah."

The Raptors are off to their worst start in franchise history, taking a 1-8 record into tonight's home game against the Boston Celtics.

"My feeling is Slaight isn't taking him very seriously," a source said.

"He's been negotiating all these things (with Slaight). His wife says he's got to be crazy not to take the NBC job. Now he's just mad at Slaight."

If Thomas leaves, it's widely expected that star point guard and team captain Damon Stoudamire won't re-sign with the Raptors when his contract expires at the end of this season.

Stoudamire, Thomas' first college draft pick and the 1995-96 NBA rookie of the year, has always said his loyalty to Thomas is unwavering because the GM took a chance on a 5-foot-10 player to be the cornerstone of the franchise.

It's expected he will stay if Thomas remains at the helm of the youngest and second lowest-paid team in the 29-team NBA.

"I don't think it's a ploy," a source said. "I just look at the facts and the figures and I think he's definitely leaving."

Road Apples and other Fine Messes

by Fat Louis and Wochek
Columnists

Wochek: Hello hockey fans! After last week's concerns about the Calgary Flames, I am happy to announce that joining us here today in the Red-Light District is an unexpected guest.

Fat Louis: Well, tell him who.

W: I'm getting to that. I am proud to present the head of the local Calgary Flames' chapter, Mister Flame himself, the...uh...(whispering) psssst Lou, who the hell is this guy again.

FL: (whispering) Lord Matchstick.

W: ...LORD MATCHSTICK!

FL: (feigning applause)

W: So Match, may I call you Match?

Lord Matchstick: N...

W: Don't bother answering, that was rhetorical. So Match tell us something.

LM: I heard you were making disparaging remarks about my Flames last week.

FL: No Man, we just said they sucked.

W: He's got you there Match.

LM: I've noticed that your so-called Maple Leafs aren't so good either.

W: Lou, give stickboy here the facts.

FL: Statistically speaking, the Maple Leafs are the superior club. Empirical data here in the presented flow

chart clearly displays our Maple Leafs' victories as opposed to their losses. If you observe figure one of eight...

W: Professor Lou, shut the hell up. Plain and simple, the Leafs and Flames have played three games this year; Our Leafs have won three, and his Flames have lost three. Your move Match.

LM: I can't argue with hard facts. However, you must remember that the season is still young, and that my Flames are renowned for overcoming great odds.

FL: Yeah, but only in the second half of the season...

W: ...when they realize it's probably not good to lose the annual Father-son game.

LM: At least my Flames make it to the Father-son game. Aren't your Leafs already warming up their golf clubs then?

Mysterious Voice: He's got you there.

W: Was I talking to you?

Mysterious Voice: No.

LM: (whispering) Lou, who's Wochek talking to?

FL: It's better that you don't know. Anyway, your honourable Lord Matchstick, I have a profitable pro-

posal for you to peruse.

W: Huh?

Mysterious Voice: He wants to make a trade moron. (Perhaps a little heavy on the alliteration mind you.)

W: Oh.

FL: Straight-up my lord, in exchange for Theoren Fleury we'll give you Mats Sundin.

LM: What's the colour of the sky in your world?

W: Chartreuse.

Mysterious Voice: There's a f#*king surprise.

FL: I guess I'll take that as a no, my lord. May we at least give you Jamie Macoun as a gesture of goodwill?

LM: Sure. But you don't know what you are giving up.

W: And you don't know what you're taking on.

FL: Good. Deal's all but done. Wochek, let us celebrate with the dance of joy. (they dance)

Mysterious Voice: Now I know why they are Leaf fans. Any other team would be too embarrassed to have them. Tune in next week when our dancing duo say...

W: (still dancing) It's Hammer-time.

FL: Can't touch this.